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Lake Crystal Minnesota 1995

125th Anniversary
Reflections in Time
Cookbook
1870-1995

Illustrated by: N. Wyelene Fredericksen

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Dedication

This cookbook is dedicated to the early settlers who came and started our town of Lake Crystal. Also to their descendants and to others who came here in succeeding years. They all took great risks but with strong courage, built our community into what it is today. The recipes give some indication of how hard the women worked. We can tell the men struggled to "bring home the bacon". We admire and honor them.



This is a picture taken about 1955, looking southwest from Marston Park into Lake Crystal viewing Main Street north and south and Humphrey Street going west. The elevator on this street is gone and an apartment complex has taken its place.

History

Minnesota was granted statehood in the United States of America in 1858. Twelve years later, the small settlement of Lake Crystal became a village in 1870.

Two railroad companies built their tracks through the town about this time, that ran from north east to south west of Lake Crystal.

In just four months, 40 business places were built and Lake Crystal became a bustling community. It is still a desirable place to live.

The school was important from the beginning, starting with a one room building, and later a fine brick building erected and by 1899 the first high school class graduation event took place. Citizens still promote good education in this community.

Churches were built from the early days along with the homes and there are 6 Christian denominations in town. The population is slightly over 2,000 now, in 1995.

The people of Lake Crystal endured a period of rationing of food and other things during WWI and WWII, however no one mentioned war time recipes. However some with low amounts of sugar and with dark and light syrup could have been made popular then.

Acknowledgements

We thank the Insurance Plus, Inc. for helping as we worked to put together this cookbook.

Thanks also to the Lake Crystal Tribune for printed appeals for recipes and reports of our progress as we worked toward the printing date.

The great response to our plea for recipes with comments about families over the past years, has made this book very interesting. We give you all a hearty thanks.

The following committee, under the direction of Carlienne Frisch, Lake Crystal Area Chamber of Commerce co-ordinator;

Co-chairmen: Edythe Peterson Bette Manke

Elsie Williams
Lois Davis
Billie Carlton Johnston
Hannah Manke
Judi Thiesse
Gail Kimpton

Outside Consultants: N. Wyelene Fredericksen Edyth Whitney

We apologize for errors that may have occurred. Please contact one or the other of the co-chairs named above, if you have any questions.

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Dips, Pickles & Jams



Helpful Hints

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away.
 Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? When
 the time comes to start weaning your baby from the bottle, take the lid
 off the bottle and let the baby drink from the "old favorite" bottle, then
 start using a cup from there. Make sure you start with baby's favorite
 drink.
- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

DIPS, PICKLES & JAMS

STRAWBERRY JAM

Mrs. Josephine Gilman

4 c. berries

4 c. sugar

Mix above and let stand 2-3 hours. Stir often. Take 1 package pectin and add 1 cup of water; boil 1 minute. Add to berries; mix and stir 2 minutes. Package and freeze.

JAM

Blodwen Wigley

2 c. peaches 4 c. apples

1 c. pineapple 5 c. sugar

Cook 20 minutes unless apples are hard, cook longer. Very good!

AMERICAN GRANOLA

Lois (Mrs. Donald R.) Davis

3 c. old-fashioned oats 1 c. shredded coconut 1/2 c. wheat germ

11/2 c. chopped walnuts or

almonds 1 tsp. salt 1 (14-oz.) can sweetened condensed milk 1/4 c. oil (soybean oil) 11/2 c. raisins, chopped apricots or dates or all

Combine oats, coconut, wheat germ, nuts and salt in a large bowl. Stir in condensed milk; add oil and mix thoroughly. Spread mixture on shallow baking pan lined with waxed paper. Bake in 300° oven, stirring about every 15 minutes, for 1 hour or until golden. Remove from oven and stir in raisins while still warm. Store in tightly-covered container. Do not put the raisins in until after the other ingredients have been baked.

HOT SPICED MEXICAN **MOCHA**

Mary Jaspers

3 qt. milk

3 T. instant coffee

6 sq. semi-sweet chocolate

6 T. sugar Nutmeg

11/2 tsp. cinnamon

Heat squares of chocolate with 1 cup of milk, then add cinnamon, coffee, sugar and remainder of milk. Heat well, but do not boil. Remove from heat and beat with egg beater until frothy. Put on nutmeg. A splash of coffee liqueur is good.

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PICKLES & JA

RASPBERRY JAM

Mrs. W. W. Wialev - 1906 Edythe Davies Peterson

DIPS, PICKLES & JAMS

Take raspberries and mash them up well. Measure for every 2 cups of mashed berries add 1 cup of white sugar; boil 15 minutes, then put away in jell cups. Good. (Mrs. W. W. Wigley's recipe was taken from the 1906 Cookbook of Calvinistic Methodist Church. She was Marcelyn Campbell's grandmother.)

SWEET AND SOUR SALAD DRESSING

Gert Roberts

1 can Carnation sweet milk 1 c. sugar

1/2 c. vinegar 2 c. Miracle Whip

Mix well; keeps a long time.

CHEESE BALLS

The Committee

1 c. chopped pecans 1/2 tsp. garlic powder 1 (8-oz.) pkg. cream cheese 11/2 tsp. A-1 steak sauce 1 jar English cheese 1 jar blue or pimento cheese

Warm cheese to room temperature. Mix all ingredients with cheese. Roll in ball and then roll in chopped pecans. Refrigerate. Serve with salad crackers.

SHRIMP DIP (Tofu)

5 oz. tofu (soft kind)

1 (8-oz.) pkg. cream cheese

1 tsp. lemon juice

1 tsp. Worcestershire sauce

1/4 tsp. garlic powder

Lois Manke Davis, 1992

1/4 tsp. dill weed

1 (4½-oz.) can shrimp, drained and soaked in salt water a few

minutes

Blend tofu and cream cheese in food processor. Add remaining ingredients except shrimp and blend a couple seconds. Stir in drained shrimp and refrigerate overnight.

PICANTI SAUCE

Judi Thiesse

20 tomatoes 3 onions

5 green peppers

2 c. green chilies (or 1 tsp. chili

powder)

3 T. garlic powder

2 c. vinegar

1 T. oregano
1 tsp. cumin powder

1/2 c. lemon juice 2 oz. tomato paste

1/2 c. sugar 2 T. salt

3 jalapeno peppers

Scald and peel tomatoes; chop in blender. Add remaining ingredients; simmer for $1\frac{1}{2}$ hours. Seal in jars. Makes lots and it goes fast! (I use a little cornstarch to thicken.)

TORTILLA DIP

John B. and Gail Peterson, 1980 Appleton, WI

1 can Hormel chili without beans

A little salsa can be added 1 lb. Velveeta cheese

Heat chili and cheese until it melts. (John is the son of the late Burton C. Peterson. His mother is Edythe Davies Peterson of Lake Crystal. John graduated from Lake Crystal High School in 1960. He is presently director of Valley Packaging Rehabilitation Center, Appleton, WI.)

CAULIFLOWER DIP

The Committee, 1985

1 c. mayonnaise ½ c. French dressing 1/2 tsp. garlic powder 11/2-oz. can Parmesan cheese

Open cheese from bottom with can opener. Mix all ingredients together; chill. Use with cauliflower.

VEGETABLE DIP

The Committee, 1985

2 jars cheese with pimentos 2 sm. cans deviled ham

1 or 2 tsp. parsley 1 tsp. red hot sauce

Mix all the ingredients together. Sprinkle a little parsley on top before serving. Serve with fresh vegetables.

SHRIMP DIP

The Committee, 1985

1 pkg. cream cheese 1 can shrimp, minced 1 pkg. Hidden Valley Ranch party dip

Mix all together.

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VEGETABLE DIP

The Committee, 1985

1 c. mayonnaise (not salad dressing)

1 T. dill weed

1 c. sour cream

1 T. minced onion (dry)

1 tsp. Beau Monde

Mix all ingredients and chill overnight. Use with fresh vegetables.

GRANNY APPLE DIP

The Committee, 1985

8 oz. cream cheese ³/₄ c. brown sugar

DIPS, PICKLES & JAMS

1/4 c. white sugar 1/4 tsp. vanilla

Blend in a blender well. Keep covered in refrigerator. Slice unpeeled green Granny apples; dip and enjoy.

CHEESE BALL

The Committee

3 (8-oz.) pkgs. cream cheese 1 sm. jar chipped beef 2-3 green onions (tops only) 6 green olives with pimento Grated cheddar cheese

Chop beef, onions and olives; add to cream cheese and beat with beater. Chill overnight. Form into ball and roll in cheddar cheese. Serve with crackers.

GREEN TOMATO PICKLES

Mrs. James (Mae) Jenkins, 1930

1 peck green tomatoes

6 onions

Slice and salt tomatoes; let stand overnight. In morning drain; cook 15 minutes in 1 quart vinegar and 2 quarts water; drain. Make syrup of 2 quarts vinegar, 4 pints brown sugar, 2 tablespoon cinnamon, 1 teaspoon cloves, 1 teaspoon mustard, 1 teaspoon ginger and 2 tablespoons white mustard seed. Let boil; add tomatoes and cook about 15 minutes. Seal.

CRANBERRY RELISH

Mrs. Alma Gutterson, 1906

1 lb. cranberries 2 oranges Juice of 1 lemon

1½ apples 2 c. sugar Rind of ½ lemon

Remove white from orange rind. Cook orange and lemon rind until transparent. Grind rind, apple and cranberries; add sugar and juice. This keeps a long time in the icebox and is better a few days old.

RIPE CUCUMBER PICKLE

Winnie Richards Davies

7 lbs. ripe cucumbers, peeled 7 c. sugar

1/2 tsp. oil of cloves 1/2 tsp. oil of cinnamon

2 c. vinegar

Let the cucumbers grow until they turn yellow. Then peel and cut in half; remove all the seeds. Cut slices like watermelon pickles. Soak in salt water (1/4 cup salt and 1 quart water). Drain. Mix sugar, vinegar, cloves and cinnamon; heat and pour over sliced, chunked cucumbers. Repeat heating syrup for 3 mornings. Put in sterilized jars and seal.

WATERMELON PICKLES

Winnie Davies, 1950 Edythe Peterson

7 lbs. prepared rind in cold water
Sm. handful salt
1 c. dark vinegar
1 tsp. ginger

6 c. sugar 1 pt. white vinegar 2-3 drops oil of cinnamon 2-3 drops oil of cloves

Cover the rind with cold water which has salt and 1 cup vinegar. Let stand 12 hours in refrigerator. Drain. Cover again with cold water; add ginger. Simmer until rind is easily pierced with fork. Drain well. Make syrup of the ingredients including sugar and white vinegar. Add oil after removing from heat. Pour over rind and let stand 24 hours. Simmer until rind is clear. Pack and seal.

PICKLED BEANS

Winnie Richards Davies, 1920 Edythe Davies Peterson

4 qt. yellow wax beans 6 c. vinegar 1 c. brown sugar 1 tsp. salt ½ tsp. pepper
1 tsp. allspice
1 stick cinnamon
1 T. whole cloves

Cook beans in boiling, salted water until tender, using 1 teaspoon salt to each quart. Drain. Pack in sterilized jars. Combine remaining ingredients; bring to a boil; pour over beans. Seal in hot sterilized jars. Makes 8 pints.

DILL PICKLES

Mrs. G. L. Fitch Jerry Johnson

4 c. water 1 c. vinegar 1/2 c. salt

Wash and pack jar with fresh cucumbers. Put a little dill in bottom of jar and some on top. Put liquid on boiling hot and seal.

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ICKLES & J

MILLION DOLLAR PICKLES

Mrs. Nora Griffiths Jerry Johnson

DIPS, PICKLES & JAMS

1 qt. cucumbers, cut in cubes 1 qt. chopped onions

2 qt. chopped cabbage 1 tsp. turmeric

1/4 lb. Colman's mustard

1 c. flour 3 c. sugar

3 T. mustard seed 1 T. celery seed

Let the chopped vegetables stand overnight in water and 1 cup salt. In the morning drain. Make a paste of the flour, turmeric, mustard and 1 pint of vinegar. Scald 3 pints vinegar and 1 cup water if vinegar is strong. Cook pickles for a short time.

GRANDMA THIESSE'S DILL PICKLES

Minnie (Kruse) Thiesse

21/2 c. dark vinegar

1/2 c. pickling salt

31/2 c. water

Pack jars with cucumbers of good size and use a good head of dill for each jar. Then boil the ingredients listed above together. Pour the hot mixture over the cucumbers; seal. (Minnie Thiesse was Kent Thiesse's Great Grandmother who came to the U. S. from Germany. She farmed near Wilbert, MN. Kent Thiesse is the Ag. Extension Educator in Blue Earth County. He moved to Lake Crystal from Luverne, MN in 1986 with his wife Judi and family.)

CUCUMBER RELISH

Helen Kroubetz

12 (big) cucumbers (part of skin on, scrape out seeds)

1/2 doz. onions 1 bunch celery

Grind through meat grinder using coarse blade. Put $1\frac{1}{2}$ tablespoons salt on it and let stand for 1 hour. Drain through colander; squeeze. Boil 3 cups sugar, 2 cups vinegar, $\frac{1}{4}$ teaspoon turmeric powder and 1 teaspoon mustard seed. Add cucumbers, etc. to mix and boil for 5 minutes. Seal hot.

12-DAY PICKLES

Winnie E. Davies, 1950 Edythe Peterson, Daughter

75 pickles, cut in 1/2

Cover with 1 gallon of boiling water to which 2 cups of salt have been added. Set **5 days**; skim if necessary. On the **6th day** drain salt water and pour over 1 gallon of clear, hot water; let stand for 24 hours. On the **7th day** add 1 gallon of water with 2 tablespoon alum. On the **8th day** drain and put in jars and cover with 4 quarts vinegar, 6 cups sugar

(continued)

and mixed spices. On the 9, 10 and 11th days reheat syrup and put back on pickles. On the 12th day reheat syrup and add 1 cup sugar. Put in jars; pour syrup over and seal.

FROZEN CUCUMBERS

The Committee, 1985

Cucumbers 3 med. white onions

2 T. salt

1½ c. sugar 1/2 c. white vinegar

Peel and slice thin 2 quarts of cucumbers. Slice thin onions. Add salt; mix and let stand for 2 hours. Drain, do not rinse. Add sugar and vinegar; mix well. Pack in serving size amounts and freeze.

PICKLED FISH

Kari Gustafson

Cut fish in bite-sized pieces. Make sure fish is covered with salt solution of 1 cup salt to 1 quart of water. Soak for 48 hours. Rinse in cold water, then pour white vinegar over to cover. Wait 24 hours and drain.

Syrup (bring to boil):

2 c. white vinegar

11/2 c. sugar

1 tsp. mustard seed (whole) 1 tsp. whole black pepper

1 tsp. whole allspice

5 whole cloves

4 bay leaves

Let syrup cool, then add 1 cup Silver Satin white wine. Pour over fish and refrigerate for 4 days. Put in jars alternating with sliced white onion layers. Keep refrigerated. Lasts 2 months.

BREAD AND BUTTER **PICKLES**

Kari Gustafson

25 med.-sized cucumbers

1 lg. onion

1/2 lg. green pepper

1/2 c. pickling salt

5 c. cider vinegar

5 c. sugar

2 T. mustard seed (whole)

1 tsp. turmeric

1/2 tsp. ground cloves

Wash cucumbers; slice thin. Chop onions and peppers; combine with cucumbers and salt. Let stand for 3 hours; drain. Combine vinegar, sugar and spices in large kettle; bring to a boil. Add drained cucumbers; heat thoroughly, but do not boil. Pack in clean jars; seal.

IPS, PICKLES & JAMS

4 c. water 1/2 c. salt 2 c. vinegar

(Ella Reiman Shaw's Dill Pickle recipe was found hand written on the back page of the M. E. Church Cookbook. As this was an old recipe, details were omitted as it was assumed that the cook would know the pickle process. Ella lived to be 100 years old. She married Alfred Shaw who lost a leg in World War I. They never had any children. She was a dressmaker and loved to play her accordion for special events. She was a member of Zion Lutheran Church.)

1 pc. alum

Cucumbers

Dill

LAYERED BEAN DIP

Claudia Larson

1 can Old El Paso refried beans 1 pkg. Ortega taco seasoning

Mix together and spread out over a platter (about 1/2 inch thick).

Guacamole layer (place in blender the following):

2 avocados, peeled and cut up 1/2 C. sour cream 1 can Old El Paso mild chilies

2 T. lemon juice Onion (opt.)

Blend until smooth and spread over the bean layer.

Sprinkle over the guacamole layer:

1 can sliced black olives 1 jar green olives, sliced Lettuce or tomatoes (opt.)

Top with 8 oz. shredded cheese (cheddar or mozzarella or combination)

Serve with tortilla chips.

Recipe Favorites

Soups, Salads & Vegetables



Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- · To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener.
 Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- · Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- · Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water.
 Rice, noodles or spaghetti will not boil over or stick together.

SOUPS, SALADS & VEGETABLES

POTATO SOUP

Fred A. and Nina Fredericksen Family Recipes

Cook in large kettle:

3 or 4 white potatoes, peeled and

diced Water to cover

Cook until mushy.

Mix for dumplings:

3 eggs, well beaten 2 c. milk

Flour enough to make a stiff batter that pulls away from the bowl edge. Add more water to the potatoes as needed. Drop in very small teaspoon of the dumpling batter in the potato-water mix. Add 2 tablespoons butter. Cook 10 minutes more. (The few ingredients needed for this potato soup recipe were available in pioneer farm kitchens. Many had large families like the Sherers who had 15 but 3 died in the diptheria epidemic. A family quote is: "You have to have Addleman-Sherer blood in your veins to like this soup." This recipe was not written down until 1971 when Nada Wiggins watched her mother make it.)

CRANBERRY SALAD

John and Gail Peterson

11/2 c. boiling water 1 (3-oz.) pkg. cherry gelatin

1 c. raw cranberries

3/4 c. sugar

1 c. crushed pineapple 1/2 c. celery, diced 1/2 c. apple, diced

1/2 c. walnuts, chopped (opt.)

Dissolve gelatin in water; cool. Refrigerate until thickened; add sugar to cranberries. Add all ingredients in the gelatin. Refrigerate until set. Serve with salad dressing or whipped cream. Serves 8. (John is the son of Edythe and the late Burton Peterson. he graduated from LCHS, lives in Appleton, Wisconsin, and is Director of Rehabilitation Center, Fox Valley Area, Wisconsin.)

TACO/CORN CHIP SALAD

Claudia Larson

1 lb. ground beef 1/2 c. water

1 pkg. taco seasonings

1 can cream of mushroom soup

1 can cheese soup

1 head lettuce

1 bag corn chips

In microwave: brown ground beef; drain off fat. Combine water and taco seasoning. Cook on high 5 minutes. Stir in soups and one can water; microwave on high 5 minutes. Stir and microwave 5 minutes. Break

(continued)

WEGETAB 63 SOUPS, SALADS

SOUPS, SALADS & VEGETABLES

lettuce up into a large bowl. (Can also add onion, tomatoes or green peppers.) Add corn chips and toss. Pour meat sauce over lettuce/chips. Toss gently and garnish with shredded cheddar cheese. Serves 10.

CRANBERRY SALAD

Mrs. Leanord Pierson

1 sm. pkq. strawberry gelatin 1 sm. pkg. lemon gelatin

2 c. hot water 2 c. cold water

11/2 c. sugar

Make as usual for Jello. When it begins to thicken, add:

2 c. chopped celery 2 c. chopped grapes 1 qt. fresh cranberries, ground

up

3/4 c. nuts

Last of add 1 small can crushed pineapple, drained.

PENNSYLVANIA DUTCH **LETTUCE**

Mary Lou White

Leaf lettuce 5 or more strips bacon 2 T. sugar 1 tsp. salt

1 egg, beaten 1/4 c. minced onion 1/3 c. vinegar (dilute with a little water)

Cook bacon until done. Combine remaining ingredients, except lettuce. Add to bacon; heat all this and pour over lettuce. Toss with fork.

RAINBOW SALAD

Ilene Phelps

1 pkg. lemon Jello 1 pkg. peach Jello 1 pkg. lime Jello

1 pkg. vanilla ice cream Sour cream, as needed

Mix lemon Jello with 1 cup boiling water. Add 11/2 cups vanilla ice cream; mix well. Refrigerate until set. Spread thin layer of sour cream on top. Mix peach Jello with 1 cup boiling water. Add 11/2 cups vanilla ice cream; mix well. Pour on top of first layer. Refrigerate until set. Spread thin layer of sour cream over peach Jello. Mix lime Jello with 1 cup boiling water. Add 11/2 cups vanilla ice cream; mix well. Pour over second layer. Refrigerate until set. May be served plain or with whipped cream on top. This can be made in a glass bowl or 13 x 9-inch pan. Jello may be varied with the season or holiday. Excellent salad for the very young and old alike.

SAUERKRAUT SALAD

Mabel Kittleson

1 c. celery, chopped fine

1 c. onion, chopped fine

1 c. green pepper, chopped fine 1 sm. can pimento, chopped

fine

1 can sauerkraut

2 c. sugar

1 c. vinegar

Boil sugar and vinegar; pour hot syrup over above ingredients. Let stand 24 hours before serving. Keeps 3 or 4 months in refrigerator. Really good.

GOOD TOMATO SOUP

Calvinistic Methodist Church, 1906 Edythe Davis Peterson Grand Niece

Take 1 quart of tomatoes (if fresh) and peel and cut in small pieces: put in a kettle with one pint of water. Stew until well done. Strain through a colander; put back in a kettle and have ready a little flour mixed with a little cream. Add to the tomatoes 1 quart of rich cream in which has been dissolved 1 tablespoon of soda. Roll a few crackers and put in the soup. Let it come to a boil and season with pepper and salt. Canned tomatoes may be used. (Mrs. D. J. Williams, mother; Birdie Thomas, Libbie Williams, Sadie Coonrod, Mollie Larson, Gladys Thomas.)

EVERETT'S SAUERKRAUT

From Kansas Mrs. W. W. (Mary) White

Pack shredded cabbage in quart jars. Add 1 teaspoon pickling salt and 1 teaspoon sugar to each jar. Cover with boiling water. Put lid on but do not seal. Let stand overnight. In the morning, if jars are not full, add more boiling water. Seal. Set out in the sun. Let stand for 10-14 days or until jars seal themselves. Twenty-five pounds of raw cabbage makes 15 quarts. (Dr. and Mrs. W. W. White came to Lake Crystal in August. 1946. Dr. White was a veterinarian. They and son, Tom, stayed for about a week at the Commercial Hotel which was then operated by Burton and Edythe Peterson.)

TOMATO JELLY SALAD

Mrs. Leland Thomson Mankato

1 pkg. lemon Jello Cucumber 3/4 can Campbell's tomato soup Celery Green pepper

Dilute soup to make 2 cups including 11/2 tablespoons vinegar. Serves 8.

, SALADS & VEGETAI

TOMATO-CHEESE SALAD

Mrs. Boyd (Gladys) Thomas

11/2 c. blanched almonds, cut

2 cans tomato soup 3 pkgs. Philadelphia cream cheese

fine 1 green pepper, chopped 11/2 T. Knox's gelatin 1 onion, chopped

1 c. mayonnaise

ETABL

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OUPS, SALADS

Bring soup to a boil and melt cheese in it. Soak gelatin in 1/2 cup cold water. Add hot soup. When cool add the mayonnaise and other ingredients. Mold and chill.

NUT SALAD

Calvinistic Methodist Church, 1906 Mrs. W. R. Robinson

To one cup of chopped nutmeats, add two chopped apples. Serve with sliced bananas.

Dressing:

2 eggs, beaten 1/2 c. vinegar 1 tsp. mustard

1 T. salt

Butter, the size of 1/2 egg 2 T. sugar, or more if liked

Cook until thick and thin with cream. (The city of Lake Crystal is on the site of the W. R. Robinson Farm.)

RASPBERRY APPLESAUCE SALAD

Kathi Greenough

2 lg. pkgs. raspberry Jello 3 c. boiling water

2 pt. frozen raspberries, partially thawed

2 c. applesauce

3/4 pkg. mini marshmallows 1 (8-oz.) container Cool Whip

1 c. sour cream

Dissolve Jello in hot water; add raspberries and applesauce. Chill until set in a 9 x 3-inch cake pan. Combine marshmallows and sour cream. Let stand, covered, in the refrigerator several hours or overnight. Whip until smooth. Add Cool Whip and spread over Jello.

VEGETABLE SALAD

Elsie S. Williams

1 bunch celery, chopped

1 (No. 2) can French green beans

1 green pepper, chopped

1 (No. 2) can sm. peas

2 pimentos

1 onion, chopped

Drain and mix together; sprinkle with a little salt. Marinate with dressing 24 hours.

(continued)

Dressing:

1/2 c. salad oil 1 c. vinegar 1/2 c. sugar

2 T. water Paprika (opt.)

GAZPACHO

1 clove garlic

Committee

3 c. tomatoes, coarsely chopped, cored and peeled
 1½ c. cucumbers, peeled and coarsely chopped
 1 green pepper, cored, seeded and coarsely chopped

½ c. water
5 T. olive oil
¾ c. wine vinegar
2 slices fresh bread, untrimmed and cubed
1/8 tsp. cayenne pepper
Salt, to taste

Puree all ingredients in a blender; chill. Serve in well-chilled soup bowls. Pass as a garnish: croutons, finely-diced cucumbers, onions and green peppers. Serves 6.

ORIENTAL CABBAGE SALAD

Committee

1 (1-lb.) pkg. coleslaw mix1 bunch green onions, diced2 pkgs. chicken Ramen noodle soup mix

1 c. cashew nuts, chopped 1 c. sunflower seed

Dressing:

1/2 c. sugar

1/4 tsp. salt

In large bowl mix slaw, green onions, uncooked (crumbled) noodles. **Dressing:** Heat oil, sugar and soup mix from noodles. Add dressing 2 hours before serving also the chopped nuts and sunflower seeds.

CHICKEN NOODLE SOUP SALAD

Committee, 1950

2 pkgs. lemon Jello1 c. boiling water2 c. chicken noodle

1/3 c. chopped onion1 c. celery1 c. mayonnaise

2 c. chicken noodle soup 1 c. water-packed tuna

1 c. heavy cream, whipped OR 1 c. half & half

2/3 c. water chestnuts1/3 c. green peppers

Mix together. It fills a 7 x 10-inch or 9 x 13-inch Pyrex cake pan. Serves 8-10.

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SOUPS, SALADS &

LEEK SOUP

Rosella Jones

VEGETABLE

SOUPS, SALADS

1 to 2 c. sliced leek 4 c. water 1 bay leaf

3 T. butter

2 T. catsup

2 chicken bouillon cubes

2 med. potatoes, cubed 1/2 c. onion, chopped 1/2 c. carrots, cut fine 1/2 c. celery, chopped 2 T. parsley

Saute butter and leek; add water, bay leaf, catsup and chicken bouillon. Simmer 20 minutes. Add remaining ingredients; cook until vegetables are tender. Add 1 cup milk; heat and serve. You may thicken the soup with a bit of flour or cornstarch if desired.

MACARONI FRUIT SALAD

Mrs. Winnie Davies, 1950 Edythe Peterson, Daughter

1/2 pkg. shell macaroni 3 bananas 3 oranges OR 1 or 2 orange

segments

Dressing:

1/2 c. sugar

1 egg Juice of pineapple 1/2 pkg. sm. marshmallows 1 lg. can chunk pineapple

2 T. flour 1/2 tsp. salt

2 dill pickles

Mix and cook until thick. Cool; add fruit and dressing. Cook macaroni until tender; blanch and mix with dressing.

EASY MACARONI SALAD

Phyllis Kopischke

3 c. cooked macaroni 1 c. peas, drained 3 hard-boiled eggs, chopped

Mix with salad dressing.

1/2 c. cubed cheese

AUNT RUTH'S PEA SALAD

Velma Collis

1 lg. bag frozen peas 1 bunch green onions, chopped 11/2 c. celery, chopped

1 sm. jar green olives, stuffed OR 1/2 can black olives 1 c. light mayonnaise

Mix together and let stand in refrigerator for 2 hours or overnight. Just before serving, add 1 small can of shoestring potatoes. You could add some cubed turkey or shrimp or cheddar cheese as to taste. If you want to use some of the pea salad later then only add shoestring potatoes to the part that you use right away. (Velma and husband Omar, own the Collis Mobil station in Lake Crystal.)

MISSIONARY SALAD

Vera Randall Wigley

18 ears corn, scraped 3 green peppers, chopped fine 4 lg. cabbages, chopped fine 1/2 c. salt

Boil all together for an hour.

2 c. sugar 1/4 lb. mustard 4 c. vinegar

LEMON SALAD

Sandra Karels Lake Crystal Health Care Center

1 lg. pkg. lemon Jello 2 c. hot water ½ c. pineapple juice 1½ c. Mountain Dew (1 pop can) 1 med. can crushed or tidbit

1 c. whipped cream (may also use Cool Whip)

Marcelyn Baustian Campbell, Daughter

1 can lemon pie filling

Dissolve Jello and hot water; add pineapple, juice and Mountain Dew. Set quite stiff; add pie mix and whipped cream. Whip with electric mixer.

PHIL CREAM CHEESE SALAD

1 (20-oz.) can crushed pineapple, drained

1 pkg. lime Jello 1½ c. hot water

pineapple

Stir and set in refrigerator until about ³/₄ consistency of thickness. Whip 1 cup cream; beat in 4 ounces Philadelphia cream cheese which is at room temperature (soft). Cut up walnuts (not too fine). Cut up 1 small bottle red maraschino cherries and add nuts last. (Ruth passed away 1-24-65.)

LEMON BANANA PINEAPPLE

Marcelyn Baustian Campbell

Ruth Wigley Baustian

SALAD 2 sm. pkg

2 sm. pkgs. lemon Jello 2 c. hot water

1/2 c. pineapple juice

1½ c. Mountain Dew pop 1 med. can pineapple tidbits 2 med. bananas, cubed (opt.)

Refrigerate until partially set (not stiff) and fold in 1 can lemon pie filling and 1 cup whipped cream. Pour into 9 x 13-inch cake pan or large bowl.

ADS & VEGETABLES

CABBAGE SALAD

Ida Jones (Roger D.) Carol Jones

5-6 c. cabbage, chopped fine 1 or 2 carrots, grated

1/2 med. white onion

Dressing:

M

SOUPS, SALADS & VEGETABL

3/4 c. salad dressing (not mayonnaise) 2 T. sugar

1/2 tsp. salt and pepper, to taste

Thin dressing with milk; add sugar, salt and pepper. Add to cabbage mixture. **Hint:** It is better to put dressing on just before serving. A favorite that was served at all family events.

CANDIED SWEET POTATOES

Stella Kies

6 med. sweet potatoes, cooked and peeled OR 2 cans vacuumpacked yams $\frac{1}{4}$ c. butter $\frac{1}{2}$ tsp. salt

1/4 c. water

1 c. brown sugar, firmly packed

Cut sweet potatoes in half; lay cut side down, in greased, shallow baking dish. Set aside. In a saucepan combine sugar, butter, salt and water; bring to boiling. Continue cooking gently for 5 minutes; remove from heat and pour over potatoes. Bake at 375° for 35 to 40 minutes, basting occasionally. Makes about 6 servings each with 216 calories, 8 grams fat and 21 milligrams cholesterol.

Recipe Favorites

Main Dishes & Casseroles



Helpful Hints

- You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.
- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- · Always chill juices or sodas before adding to recipe.
- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Cheeses should be served at room temperature (approximately 70 degrees).
- When serving hors d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.
- One quart of soup yields about six servings, unless it is the main course.

MAIN DISHES & CASSEROLES

SCALLOPED POTATOES

Mrs. H. A. Franchere Late Wife of Dr. Harold

Layer sliced boiled potatoes, cracker crumbs, boiled eggs and season with salt, pepper and butter; cover with white sauce. Melt without browning 1 tablespoon butter; add 1 tablespoon Mother Hubbard flour, stirring all the time, then add 1 cup milk and stir until it comes to a boil. (This recipe is from the Mother Hubbard Cookbook, Ladies Aid Society of the Methodist Episcopal Church, Lake Crystal, MN. The book is old, but we could find no date.) "We may live without friends; We may live without books; But civilized man cannot live without cooks."

SAUERKRAUT, PORK AND DUMPLINGS

Mae Hughes Kjos

My Aunt Betty Juhl was known by all who came to visit for her special sauerkraut, pork and dumplings! She lived in her home and continued to cook into her 96th year. (Mae didn't send just how to cook this dish, but we are glad to have her note in our book.)

CHICKEN-HAM HOT DISH

Joyce Zender

1/4 c. minced onion1/3 c. green pepper1 can sliced mushrooms

4 c. diced cooked chicken ³/₄ c. sliced olives (pimento stuffed)

Cook together $^{3}\!/_{4}$ pound wide noodles in 4 cups water; add 2 cups of chicken broth and mix all together.

Add:

1 can mushroom soup 1½ c. cubed cheese 1 c. peas ½ c. pimentos2 tsp. celery salt1 c. diced ham

Bake at 375° for 35 minutes, covered and 15 minutes, uncovered. Makes 4 quarts. (I got this recipe from my mother-in-law a number of years ago. It has been a long-time family favorite. Now my daughter Liz and my daughter-in-law Liza, both make this dish. I'm sure some day my granddaughters, Katy and Maddi, will be making it for their families. My husband, Mr. David Zender, started teaching high school in Lake Crystal in 1965 and I have a Tax Service business in town.)

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MAIN DISHES & CASSEROLES

(Grace passed away 6-24-90.)

1 can red salmon 1 can celery soup 1/4 c. chopped onion 1 tsp. lemon juice

Bake 1 hour at 350°.

1 c. crushed cracker crumbs 2 beaten eggs 1/4 c. mayonnaise 1 T. cornstarch

EASY OVEN LASAGNA

LaVola Lewis

1 lb. hamburger 1 tsp. salt 30-oz. jar spaghetti sauce 1/2 c. water 8 oz. lasagna noodles, uncooked

1½ c. cottage cheese 12 oz. mozzarella cheese, grated 1/2 c. Parmesan cheese

Brown hamburger. Add sauce, salt and water. Bring to a boil. In a greased 9 x 13-inch pan put about 3/4 cup of sauce on bottom, layer of uncooked noodles, 1/2 of cottage cheese, 1/2 of mozzarella cheese, 1/2 of sauce, layer of uncooked noodles, rest of cottage cheese, mozzarella cheese and rest of sauce. Top with Parmesan cheese. Cover with foil. Refrigerate overnight. Bake, covered, for 1 hour and 10 minutes at 350°. Let stand about 10 minutes before cutting to serve. (Darrell and I both graduated from Lake Crystal High School. We have lived in and around Lake Crystal all of our lives. We have been married 42 years, have 3 children (all married) and 8 grandchildren. Darrell works for the Blue Earth County Highway Department. I retired from the School Hot Lunch Department 2 years ago, after working for 24 years.)

TOMATO BISQUE

Mrs. H. O. Williams Late wife of Dr. Williams

1 qt. tomatoes 1 T. butter 1 tsp. soda

1 gt. milk 1 T. Mother Hubbard flour Salt and pepper

Cook and strain tomatoes. Place butter in basin. When hot rub in flour; add milk slowly. When ready to serve, add soda to tomatoes, then thickened milk. Serve with whipped cream.

FR. PETE'S MEAN SPAGHETTI SAUCE

Fr. Joe Pete

1 lb. hamburger

1 med. onion, chopped 1 qt. tomatoes

1 can tomato sauce

1 can tomato paste

1 can mushrooms (opt.)

11/2 T. Italian seasoning

1 tsp. garlic powder

1 tsp. celery salt 1 tsp. parsley flakes

Spaghetti

Brown hamburger with onion. Drain grease. Add other ingredients; bring to boil and simmer. Serve sauce over the cooked spaghetti.

Fred Manke

CHILI (For 50 People)

10 lbs. hamburger 3 big white onions, chopped

1 gal. kidney beans

5 qt. tomatoes

1 gal. mushrooms Chile powder, to taste Salt and pepper, to taste

Drain grease from hamburger. Drain water from mushrooms.

CRAB SUPREME

Barb Smith

8 slices white bread 2 cans shrimp

2 cans crab meat

1 yellow onion, chopped

1 c. finely-chopped celery

1/2 c. chopped green pepper

1/2 c. mayonnaise 4 eggs, beaten

3 c. milk

1 can cream of mushroom soup

Grated American cheese

Paprika

Dice half the bread into buttered 2-quart dish. Mix mayonnaise; spread over bread. Dice remaining bread; place on top. Mix eggs and milk together; pour over crab mixture. Cover; refrigerate overnight. Bake for 15 minutes at 350°. Spoon soup over top; sprinkle with cheese and paprika. Bake for 1 hour longer or until top is golden. Yields 6-8 servings.

SEAFOOD CASSEROLE

Barb Smith

11/2 c. white rice

1 c. wild rice (cook separately

and drain) 3 cans shrimp

2 cans crab meat

1 can pimento

2 cans mushroom soup

1 lb. fresh or canned mushrooms

1 green pepper

2 med. onions, chopped

2 c. celery

Brown mushrooms, celery, onions and pepper in butter in large fry pan. Add water (or chicken broth) if dry. Bake 45 minutes at 350°. Five cups of cut-up chicken may be substituted for fish. Serves 15-18.

NEW ENGLAND CLAM CHOWDER

(A Christmas/New Year Tradition)

4 c. peeled and diced potatoes

1 tsp. salt

1/8 tsp. pepper

4 (61/8-oz.) cans minced clams

6 c. milk

1 tsp. sugar

Pinch (or 2) dried thyme leaves Pinch (or 2) dried rosemary leaves

1/2 tsp. dried thyme

½ c. flour

1/2 c. milk

Drain clams and to the drained liquid add the potatoes, salt and pepper and cook on high in microwave until potatoes are tender (about 8-10 minutes). Into soup kettle or pot add potato mixture, clams, milk and seasonings. Heat thoroughly and then set aside and allow to marinate a few hours. Reheat slowly over very low heat. Mix flour and milk together to form a smooth paste, adding more milk or flour as needed. Stir into chowder and cook slowly over moderately-low heat, stirring constantly until slightly thickened. If possible, allow chowder to stand in refrigerator for 24 hours or longer before serving. Microwave or reheat over very low heat. Serve with crackers. Makes about 10-12 servings.

HASH BROWN HAM CASSEROLE

Judy Meyer

1 (16-oz.) ctn. sour cream or sour lean

1 can cream of chicken soup

1 (32-oz.) pkg. frozen hash brown potatoes (shredded works best)

2 c. cooked ham

8 oz. (2 c.) American cheese in cubes

1/4 c. chopped onion
2 c. crushed cornflakes (4 c. before crushing)
1/2 c. butter, melted
2 c. shredded mozzarella cheese (8 oz.)

In a large mixing bowl combine the sour cream and cream of chicken soup. Stir in the frozen potatoes, cubed ham, cubed American cheese and chopped onions. Turn mixture into 13 x 9-inch baking pan, spreading evenly. Combine cornflakes and the melted butter in a separate bowl. Sprinkle over the potato mixture.

Bake in 350° oven for 30 minutes. Sprinkle with mozzarella cheese; return to oven and bake for 20-25 minutes more or until bubbly around the edges and heated through. Serves 8-10. (We have no history here since we are one of the newest families in and around Lake Crystal.)

CHICKEN WITH RICE

Kathi Greenough

1 env. dehydrated onion soup mix

3/4 c. rice (1/2 white and 1/2 wild) 21/2 lbs. chicken parts (thighs, leas. breasts)

1 can cream of chicken soup
1/2 can milk

1/2 can water

Sprinkle dry soup in the bottom of an ungreased 9 x 13-inch cake pan. Wash rice and place in a layer on top of the soup. Salt chicken lightly and place in a layer on top of rice. Mix chicken soup with milk and water. Pour over chicken and bake 2 hours, uncovered, at 325°. Yields 6-8 servings.

INDIAN-STYLE PILAF

Barb Smith

1/2 c. chopped onion 1/4 c. sliced celery

1 T. margarine or butter

11/2 c. water

2/3 c. long-grain rice

2 T. snipped parsley

 $1\frac{1}{2}$ tsp. instant chicken bouillon $\frac{1}{2}$ tsp. curry powder

1/8 tsp. ground allspice

1/2 c. raisins

1/4 c. chopped peanuts

In a saucepan cook onion and celery in hot margarine or butter until tender. Stir in water, uncooked rice, parsley, bouillon, curry powder, allspice, ½ teaspoon salt and ½ teaspoon pepper. Bring to boiling; reduce heat. Cover; simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in raisins and peanuts. Makes 4 side dish servings. Each serving 258 calories, 8 grams fat (1 gram saturated fat), 0 grams cholesterol, 544 milligrams sodium.

PORCUPINE MEATBALLS

August Bartling

1½ lbs. lean ground beef ½ c. raw rice 1 tsp. salt Few grains of pepper 1/4 c. finely-diced onion
 1 peeled garlic clove, minced
 1 1/3 c. tomato soup (no. 1 can)
 1 c. water

Combine ground meat, rice, seasoning, onion and garlic. Shape into balls. Heat tomato soup and water in a cooker. Place meatballs on rack and cook under pressure for 15 minutes. Reduce pressure with cold water. Uncover and serve in cooker. Serves 6. (Mr. Bartling has lived with his wife Alma in Lake Crystal for many years. He owns the Crystal Watch Shop, sells jewelry, repairs watches and electric shavers. He is a World War II veteran and was seriously wounded in Germany.)

IN DISHES & CASSEROLE

HOT MUSTARD SAUCE

Elsie Williams

1 T. flour 1/4 c. butter MAIN DISHES & CASSEROLE 1/2 c. boiling water Pinch of salt

1/2 c. mild vinegar 1/2 c. French mustard 11/4 c. sugar 2 beaten egg yolks

Cook over boiling water. (Recipe is from Cathy Wegner, Austin, MN.)

GOULASH

Mother Hubbard Cookbook Ladies Aid M. E. Church The Late Maud H. Barney

2 slices bacon, cut up fine 1 c. rice, boiled in double boiler 1 lg. onion, fried until done in bacon

1 lb. hamburger, cooked until done in the bacon and onion

Add 1 pint of tomatoes to the above. After this has stewed a while, put in the cooked rice and let cook thoroughly. Season to taste with salt and pepper.

SUPER NACHOS

Eric Lee

1 lb. hamburger 1 onion 1 can refried beans 1 (4-oz.) can green chilies,

drained and chopped

21/2 c. Monterey Jack cheese, shredded 3/4 c. taco sauce 1 c. sour cream

Brown hamburger and onion. Drain and season. Use 9 x 13-inch pan. Spread refried beans and top with meat, chilies, cheese and taco sauce. Bake in 400° oven for 20 minutes. Top with sour cream and ripe olives (optional). Eat with tortilla chips.

POTATO DUMPLINGS

Mrs. A. Neessen

3 boiled potatoes, grated 2 heaping T. Mother Hubbard flour Grated nutmeg

Salt, to taste 1 T. butter 2 eggs, beaten separately

Stir together well and form into dumplings. Boil 15 minutes, (Mrs. Neessen worked in a grocery and dry good store with her husband Art, during the 1930's and 40's in Lake Crystal.)

HAM CHOWDER

Evelyn Oldenborg

2 med. potatoes, boiled1 c. potato water

1 c. chopped onion

3 T. butter

3 T. flour

Dash of pepper

3 c. milk

11/2 c. chopped ham

11/2 c. shredded American cheese

Cool and cube potatoes. Saute onion in butter; blend in flour and pepper. Add milk and potato water. Cook and stir until thickened. Add cheese; stir until melted. Add ham and potatoes. Heat through but do not boil. Serves 6.

PIZZA HOT DISH

1 sm. (8-oz.) box spaghetti 1 egg

1/4 c. milk

Janet Hoffman

1 lb. lean hamburger 1 jar spaghetti sauce Mozzarella cheese

Cook spaghetti according to package directions; spread in a 9 x 13-inch pan. Mix egg and milk; pour over spaghetti. Brown and drain the hamburger; spread over the spaghetti. Pour 1 jar of spaghetti sauce over the meat and top with the mozzarella cheese. Bake at 350° for 15-20 minutes. You may add olives, pepperoni or any others.

HAM-POTATO-CARROT CASSEROLE

Lois Champlin

Cover bottom of greased container with lean ham. Layer thinly-sliced potatoes, then thinly-sliced carrots, then a little chopped onion 2 times for a total depth of ham and vegetables of about 5 inches. Pour over this 1 (16-ounce) can tomatoes, undrained and cut up. Place 2 slices bacon on top. Bake at 350°, covered for 30 minutes, then uncovered, for 1 hour or until done. Add water for more moisture if needed. (Submitted by Mrs. Thomas M. (Lois) Chaplin. His grandfather, Ezra Thomas Champlin moved from Vermont in 1867. His son, George W. settled in Lake Crystal in 1914. Attorney Tom lived here all of his life.)

CORN CASSEROLE

2 lg. cans cream-style corn

1 lg. can whole-kernel corn, drained

3 eggs, well beaten

1 tsp. flour

Hannah Manke

4 oz. shredded mozzarella cheese

8 oz. shredded cheddar cheese

1/2 c. sour cream

Salt, pepper and garlic, to taste

Mix all ingredients together; place in greased casserole. Sprinkle with cracker crumbs and paprika. Bake 1 hour in moderate oven.

SHES & CAS

MAIN DIS

EGG NOODLES

(German)

2 c. flour 1 tsp. salt 1 tsp. butter

3 eggs

2 T. warm water

Sift flour and salt; rub in butter; add beaten eggs and water. Roll out; hang over towel to dry and cut in pieces; dry. Cook in boiling water that has meat broth in it. (Minnie Plagmann Manke lived in Lake Crystal from 1965-1986 to age 89. She and husband Edward raised 10 children in rural Garden City and rural Clearwater.)

INFALLIBLE RICE

Mary Jaspers

1 med. onion, minced 2 T. butter

1 c. long-grain raw white rice 2 c. chicken broth (hot)

Saute onion in butter until translucent. Combine rest and bring to boil on top of range. Cover; place in 325° oven for 20 minutes.

GOOD GOULASH

Lois Manke Davis

(American)

MAIN DISHES & CASSEROLES

2 lbs. ground beef, browned 2 med. onions, chopped Some chopped celery (opt.) 2 pkgs. elbow macaroni, boiled in salt water and drained

3 cans tomatoes 1 c. catsup Salt and pepper, to taste

Add to browned meat. Either let it simmer on stove or put in casserole in oven for ½ hour. Serves about 26 (women). (This recipe was used for the Senior Class Hot Dish Supper Fund Raiser in 1961 at the L. C. Public High School. It was probably used during the 1950's and 1960's for other class and organizations "Hot Dish Suppers".

SAUERKRAUT HOT DISH

Alice Stokes

1 lb. ground beef 1 sm. onion 1 tsp. salt 1/4 tsp. pepper

1 (1-lb. 11-oz.) can sauerkraut, drained

2 c. wide egg noodles 1 can cream of celery soup 1 can cream of mushroom soup

1/2 c. grated cheese

Brown beef and onion; drain off fat. Layer half of beef and onion in 7 x 11-inch baking dish; top with sauerkraut. Top this with remaining beef and onion. Put uncooked noodles over this and spread with soups. Bake at 350° for 30 minutes. Sprinkle cheese over and bake 30 minutes longer.

FRUIT SALAD (Grandmother's Christmas Specialty)

Beat ½ pint of whipping cream until thick. Add chopped banana, green grapes and black walnuts. Diced apples may be added. (We moved to Lake Crystal in May of '88. Bill has worked in Madelia for 25 years and Alice has worked in Mankato for 20 years. We enjoy the friendly environment of Lake Crystal and don't mind the drive to work. We have two daughters, two sons and five granddaughters.)

LASAGNA

Patrice Gaulrapp

2 lg. onions, chopped 3 cloves garlic, minced 1/4 C. Oil

Dash pepper 1 tsp. oregano

1 tsp. basil

1 tsp. sugar

3 tsp. salt

1 (12-oz.) can tomato paste 2 (101/2-oz.) cans tomato puree

2 c. water

1 lb. lean ground beef 1 lb. Italian sausage

Simmer onion and garlic in oil. Add remaining ingredients, except meat; simmer over low heat approximately 11/2 hours. Brown beef and sausage; add to tomato mixture.

9 lasagna noodles 1 lb. shredded mozzarella

cheese

1 lb. ricotta cheese Parmesan cheese

Cook lasagna noodles in boiling salt water until tender, but not done; drain. Spread layer of tomato meat sauce in 9 x 13-inch cake pan, then layer of noodles, layer of ricotta, layer of mozzarella cheese; repeat. There should be three layers of each. Top with Parmesan cheese. Cover with foil and bake at 350° for 11/4-11/2 hours. Remove foil after 1/2 hour of baking to brown lasagna.

GINNY'S CHICKEN HOT DISH

Ginny Midthun

41/2 c. chicken or turkey, cooked and diced

3 c. bread cubes

11/2 c. Minute Rice

1 c. chopped celery

1 lg. onion, chopped fine 3 c. chicken stock 5 eggs, beaten

Salt and pepper, to taste

Mix all together. Put in well-greased 9 x 13-inch pan. Cover with foil and bake 11/2 hours at 325°. Mix 2 cans cream of chicken soup with milk to whatever consistency you wish. Pour over mixture and bake, uncovered, another 15 minutes. Cut in squares to serve.

BRUNCH DISH

Phyllis Kopischke

2 c. cheddar cheese, grated 6 or 8 eggs, slightly beaten 21/4 c. milk 1/2 tsp. dry mustard

Dash pepper 1 c. ham or bacon, cut up and fried

1/2 tsp. salt

Mix all together. Refrigerate overnight. Bake 60 minutes at 325°.

PORK CHOP CASSEROLE

Sandra Lange Thompson Lake Crystal Health Care since 1975

1 c. uncooked Minute Rice 4 pork chops

1 can cream of celery soup 1 pkg. dried onion soup mix 11/2 c. water

1 can cream of mushroom soup

Put ingredients in 9 x 13-inch cake pan in order given. Bake 11/2 hours at 350°: stir after casserole has cooked.

BROCCOLI CASSEROLE

Helen Kroubetz

2 pkgs. (boxes) frozen broccoli spears

1 can sliced water chestnuts 1 c. mayonnaise

1 sm. bunch carrots, cut in spears diagonally

1 c. cubed mild cheddar cheese

1 can cream of mushroom soup

1 can mushroom soup

Cover broccoli with a little water and cook in microwave until tender. Cover carrots with a little water and cook in microwave until somewhat tender. Layer as listed in buttered casserole. Top with Pepperidge Farm herb seasoning stuffing sauteed in butter with maybe a little milk for moisture. Bake at 350° for 45 minutes to 1 hour.

CASHEW CASSEROLE

Dr. Judy Swezey Patterson

2 lbs. hamburger 1 c. chopped onions 1/2 c. diced celery 1/2 c. mushrooms, drained 1/2 lb. American or Velveeta cheese, cubed 2 (103/4-oz.) cans cream of

mushroom soup

2 T. cooking sherry 8 oz. egg noodles, cooked and drained

1/2 c. cashews

1/2 c. sour cream

1/2 c. chow mein noodles

Brown hamburger with onions and celery. Drain. Mix together mushrooms, cheese, soups, sour cream and sherry. Heat until cheese melts but do not boil. Mix together the meat mixture, sauce and cooked noodles. Note: Two cups of frozen peas may also be added to the mixture. Place mixture in large greased casserole dish. Bake at 325° for 45

(continued)

SASSER(

minutes. Top casserole with the cashews and chow mein noodles; bake another 10 minutes. Yields 3-10 servings.

SPANISH RICE

Loretta Lewis

11/2 c. sliced onions 1/2 c. diced green pepper 1 c. diced celery

11/2 tsp. salt 1 bay leaf 1 T. sugar 3 c. hot cooked rice

1/4 c. shortening 1 (no. 21/2) can tomatoes (31/2 c.)

Cook onion, peppers and celery in hot shortening until tender; add tomatoes. Cover; simmer for 30-40 minutes. Remove bay leaf. Add rice and heat through and serve. Serves 6.

PORK AND BEANS

Marjorie Anfinson

4 (16-oz.) cans pork and beans 12 strips bacon, fried in tomato sauce

When bacon is almost done, add big onion, chopped. After onion starts to brown pour off almost all of the grease. Add the beans, 4 tablespoons brown sugar and 8 tablespoons ketchup. Stir well; cover and simmer a few minutes. Have a big ham bone and some ham cut up in a big roaster; add the bean mixture over it. Bake for 1 hour at 300°. It freezes well. (Miss Anfinson had a Greeting Card business in Lake Crystal for many years until recently, when she retired. She is a life long resident.)

TUNA BAKE

Mrs. LaVaun Morris

2 pkgs. canned biscuits (country style) 2 cans tuna 1 onion

8 or 12 oz. cheddar cheese 2 cans mushroom soup 1 can milk

Place biscuits on greased 9 x 13-inch pan. Heat soup, milk and onion. Add tuna; pour biscuits; sprinkle cheese on top. Bake at 350° for 25 minutes. This recipe can easily be cut in half, is tasty and only takes a few minutes to prepare. (Her husband, the late Ellis Morris, was raised in Lake Crystal and graduated from the Lake Crystal High School. He was editor of the Bricelyn Minnesota newspaper.)

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Billie MacPherson Carleton-Johnston

2 c. creamed corn (canned)
2 eggs, slightly beaten
1/6 tsp. black pepper
Preheat the oven to 350°. Bu
ents together in a bowl. Pou

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CASSEROL

MAIN DISHES

2 c. hot milk ½ tsp. salt 2 T. butter, melted

Preheat the oven to 350°. Butter a 1½-quart casserole. Mix all ingredients together in a bowl. Pour into casserole and place casserole in a pan of hot water. Bake until firm, about 45 minutes. (Billie bought the late Maud Friend's home on South Main in Lake Crystal, MN. Her first husband, Robert Carleton's great-grandfather's brother was Charles Barney, Maud Friend's grandfather. They came from New England and were early pioneers in this area in the 1850's.)

MOM'S MEXICAN BURRITOS

Sarah Schmidt, Activities Assistant Lake Crystal Health Care Center

Wrap in burrito-sized tortillas:

Beef and bean:

Browned and drained ground beef

Diced green chilies

Bean and Cheese:

Kidney or chili beans mixed with refried beans Diced green chilies (opt.)

Chopped raw onions Cheddar and mozzarella cheese Kidney or chili or pinto beans

Chopped raw onions Cheddar and mozzarella cheese

Put in greased pan with 1/4 cup water. Cover and bake at 350° for 30-40 minutes. Top with salsa.

THE POST FAMILY TURKEY DRESSING RECIPE

1 loaf bread (in chunks)
1 apple, peeled and chopped
Raisins
Onion, chopped
Salt, to taste
Pinch of sage

Sarah Schmidt, Activity Assistant Lake Crystal Health Care Center

1 stick melted butter or margarine Warm water, to moisten dressing so that it packs into the turkey

For a turkey up to 20 pounds: Pack remaining dressing around the neck and giblets; wrap in foil. Place in corner of roaster under the turkey. (This recipe is a favorite of the Post family. It wouldn't be Thanksgiving without it. The recipe was handed down from my great grandma.)

MOCK STROGANOFF

Sarah Schmidt, Activities Assistant Lake Crystal Health Care Center

Brown:

1 lb. ground beef (drain fat)

Add:

1 can drained mushrooms

1 can tomato soup

1/4 c. chopped onion

1 can cream of mushroom soup 1 T. Worcestershire sauce

Simmer for 30 minutes. Meanwhile, cook noodles.

MY FAVORITE HOT DISH

1 lb. browned and drained ground beef (brown with onions and green peppers

1 pt. stewed tomatoes

Sarah Schmidt, Activities Assistant Lake Crystal Health Care Center

1 sm. can tomato sauce 1 can kidney beans

1 or 2 tsp. chili powder (opt.)

Cook 2 c. macaroni

Mix together and bake at 350° for 45 minutes.

HAMBURGER KRAUT HOT DISH

1 lb. hamburger, browned 5 oz. dry egg noodles 1 (16-oz.) can sauerkraut (juice and all)

Sarah Schmidt, Activities Assistant Lake Crystal Health Care Center

1 can cream of mushroom soup, mixed with 1 can water

Layer in this order in a 9 x 13-inch cake pan and bake, covered, for 30 minutes at 350°. Then put Velveeta slices on top of hot dish; recover and bake an additional 30 minutes.

CHILI

Sarah Schmidt, Activities Assistant Lake Crystal Health Care Center

Brown together:

1 lb. hamburger 1/2 c. chopped onion 1/2 c. chopped green peppers

Drain off grease and add:

1 lg. can tomato juice (1 gt.)

4-5 cans chili beans

1 qt. water

2 tsp. cayenne

1 T. gartic salt

1 T. chili powder

Simmer 1 hour or cook all day in a crockpot on low.

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CASSERO MAIN DISHES

STEVE'S CHILI DOG CHILI

Brown and drain:

1 lb. hamburger 1 sm. onion, chopped 1/4 c. chopped green pepper IAIN DISHES & CASSEROL

Garlic salt, to taste Chili powder, to taste

Add:

1 can tomato paste mixed with 11/2 cans water

1 pt. tomato sauce 1 (15-oz.) can kidney beans

Cook on medium for 10-15 minutes, then simmer until a reasonable consistency.

LASAGNA HOT DISH

Jamine Deal

1/2 med. onion, chopped 1 lb. extra lean ground beef 1 pkg. mini lasagna noodles 1 (6-oz.) can tomato paste 1 (8-oz.) can tomato sauce 1 tsp. Italian seasoning

1/2 tsp. salt 1/4 tsp. pepper 1/2 c. EACH cheddar, mozzarella. American cheese, shredded

1/2 tsp. garlic salt

Cook noodles to package directions; do not overcook. While noodles are being prepared, cook ground beef and onion. Add paste, sauce and 12 ounces (11/2 cups) water. Stir. Add all seasonings. Stir occasionally; cook until hot. Add drained, but not rinsed noodles. Stir. Sprinkle cheese evenly over top; cover. Reduce heat to low. Heat 5-10 minutes, until cheese is melted. Serve immediately.

Recipe Favorites

Meat, Poultry & Seafood



Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.
- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.
- · When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- · To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- · Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

MEAT. POULTRY & SEAFOOD

NORWEGIAN MEATBALLS

Annie Johnson

2 lbs. ground beef 1 lg. onion 2 beaten eggs 1/2 c. cream 1/2 c. oatmeal

1 T. brown sugar 1/2 tsp. nutmeg 1 tsp. salt 1/4 tsp. pepper

Mix together and brown in butter or lard in a large skillet. Simmer on low heat for ½ hour to 45 minutes. (1885-Annie Johnson made meatballs for Sunday dinner with mashed potatoes, gravy, pickles and sauce with homemade bread. Annie and husband Anton Johnson, lived in Lake Crystal from about 1882-1890. She died in the spring of 1942. She was the mother of Milton Johnson and grandmother of Bette Manke.)

HEAD CHEESE

Helen Jones Peterson The Late Mrs. Robert P. Williams Granddaughter

1/2 pig head

3 lbs. veal or shanks

Scald the head; clean well and soak overnight in cold water to cover, also have head cut in pieces. Next day boil head and veal until tender. Cool; pick meat from bones. Cut into bite sizes; add black pepper, allspice and salt to taste. Reheat; tie up in cloth bag; place in a flatbottomed bowl under a weight. Let stand a day; remove and place in a mild salt solution for a couple of days.

BARBECUES

Elsie Williams

2 lbs. hamburger 1 c. catsup 2 T. prepared mustard Salt, to taste 1 tsp. chili powder 1 med. onion, chopped

Put uncooked meat and other ingredients in double boiler. Cook 1 hour. Stir occasionally. Makes enough for 2 dozen buns. Recipe was received from Elsie's sister Mrs. Francis McGuire.

POULTRY & SEAFOOI

BARBECUED RIBS

Phyllis Kopishke

4 lbs. ribs (country-style preferably)

1 onion

2 T. butter 2 T. vinegar

4 T. lemon juice

1 c. water

SEAFOOD

EAT, POULTRY &

2 T. brown sugar

1 c. water

2 T. brown sugar

1 c. catsup

3 T. Worcestershire sauce

1/2 tsp. ground mustard

Brown ribs. Mix remaining ingredients; pour over ribs. Bake at 350° for 2 hours.

BARBECUE SPARERIBS AND SAUCE

Lois (Mrs. Donald) Davis

(American)

2-3 lbs. ribs

2 T. vinegar 2 T. Worcestershire sauce

1 tsp. salt

2 tsp. sugar 1 tsp. paprika

1/2 tsp. dry mustard

Dash of Tabasco sauce (opt.)

1/2 tsp. black pepper

1 tsp. celery salt or 1/2 tsp.

celery seed

1 tsp. chili powder

3/4 c. tomato sauce or catsup

3/4 c. water

2 T. butter

1 garlic bud (opt)

Cut ribs for serving. (Optional: Brush with liquid smoke.) Brown ribs a bit; drain off grease. Mix together all dry ingredients; add wet ingredients. Pour over slightly brown ribs. Baste from time to time and turn ribs. Bake at 325° about 2 hours. Serves 4. (This is an old Minnesota recipe.)

NORWEGIAN FISH BALLS

Andv Lee

1 (131/4-oz.) can fish balls (King Oscar brand), drained 1 can cream of shrimp soup 1/4 c. milk

1 sm. can salad shrimp, drained 1 (6-oz.) can crab meat, drained and rinsed

Heat soup and 1/4 cup milk together; add rest of ingredients. Serve over rice.

LOBSGAUS

John Wigley Davies

(A recipe from Wales, 1898.) By Daughter Edythe Davies Peterson

One medium beef roast Season to taste with salt and pepper

Cut meat in bite-sized pieces; cover with water. Cook slowly on back of stove. When meat is tender, add raw carrots, onions in any amount

(continued)

for 2 meals at least, also cut-up raw potatoes and put in with the meat. (This was a favorite meal of my father who was born in Llanidloes, North Wales. He came to the U.S.A. in 1898. He bought a farm in 1903 and a few years later met and married my mother, Winnie Williams Richards, who came here from Ixonia, Wisconsin in 1903. She had gone to Normal School and taught in District 75 for 3 years. They were married in 1908. We had plenty of Lobsgaus as she had a good garden. My father's family stayed in Wales. In 1963 I went to Wales to visit his family. His brother Joshua was 93 years old. Lobsgaus was the first meal I ate at the family home. That made me feel very much at ease with relatives that were complete strangers to me. The atmosphere in their home was so similar to my home so it was very easy to get acquainted. I will always treasure the memories that my mother kept alive with her correspondence with my father's relatives in Wales, after he passed away in 1931.)

GOVERNOR'S ROUND STEAK

Diana Lantz

Round steak 1 can cream of mushroom soup 1/2 pkg. dry onion soup mix

Place round steak, cut in serving pieces, in a buttered casserole. Sprinkle onion soup mix over meat. Cover with mushroom soup. Cover and bake in a slow 300° oven for 3 hours. Do not add salt to the meat. (This recipe is a favorite of former governor Arthur A. Linke from North Dakota, given to Theresia Schmiesing, then to Diana Lantz. Diana and Fred are members of Trinity Lutheran Church and farm 41/2 miles northwest of Lake Crystal. Diana is a registered nurse at the nursing home in Lake Crystal. Fred is chairman of the board at Minnstar Bank in Lake Crystal.)

1920 ROAST VENISON

Mrs. R. P. Dodds

Cover with strong brine overnight. Wash in weak vinegar. Roll in flour. Fasten pieces of pork on top and roast in hot oven. Put hot water and 1 onion in the pan. Baste frequently. (Mrs. Dodd's husband was Dr. R. P. Dodd, Veterinarian for many years from about 1912 to 1950.)

BEAVER TAIL

Edible Wild Food and Wild Game Cookbook Deep* Portage Conservation Reserve

Broil beaver tail over hot coals. The skin will loosen so it can be pulled off. Roast or broil until tender. Add salt and pepper to taste.

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BAKED BEAN CASSEROLE

Sandra Karels Lake Crystal Health Care Center

Brown and season:

1 lb. hamburger 1 sm. onion

Add:

MEAT, POULTRY & SEAFOOD

1 lg. can pork and beans 1/2 c. brown sugar 1 can kidney beans 1/2 c. catsup

1 can butter beans

Mix together and bake in 350° oven for 45 minutes.

MEAT LOAF

The Late May F. Friend

30 cents worth of veal
15 cents worth of salt pork
1 onion
1 c. milk
1/4 tsp. salt
Sage and pepper

8 soda crackers

Grind veal and pork; add salt and pepper, then beaten egg, also milk and crackers; mix well and make into 2 rolls. Put in dish with 2 cups hot water and bake; baste frequently. (These ladies were twin sisters, born on a farm near Lake Crystal, attended local schools, Mankato Normal School, taught in country schools, lived the rest of their lives here. They always dressed alike. May married and had 1 girl named Maud.)

PIT ROAST WHILE HUNTING

Dick Anderson Wild Game Cookbook Deep* Portage Conservation Reserve

Dig a hole 2 feet deep. Line with rocks. Start fire in pit. Use hardwood if available—it will make the hottest fire and best coals. Prepare roast while waiting for coals to build up. Wrap roast in 2 layers of heavy aluminum foil; season and add sliced onion and mushrooms. Finish wrapping; make sure aluminum foil is 100% tight. Lay on top of coals and preheated rocks. First cover with grass or other vegetation for insulation, then cover with dirt. Leave buried for 5 or 6 hours or approximately 1 hour per pound. When you return from hunting in the evening your supper will be done. You will experience one of the finest roasts you have ever sunk your teeth into. Baked potatoes may be wrapped into heavy foil and laid on top of roast in the lower heat area of the pit.

BAKED LUTEFISK (Norwegian Style)

2 lbs. lutefisk 2 c. water 1 tsp. salt Melted butter

Rinse lutefisk well in cold water and soak overnight; drain. Place in glass or enamel pan (not aluminum). Add water and salt. Bake, covered, with foil at 400° for 20 minutes or until done. Serve with melted butter over the top. Accompany with boiled potatoes and lefse. Yields 4-6 servings. Now we do not need to soak the lutefisk overnight, just proceed to bake as directed. **Note:** Lutefisk is cod treated with lye which in the old days was prepared in the home. Now people like to buy it around Christmas time.

GIBLET DRESSING

Mrs. Milton Johnson American Legion Recipe Book, 1940's Jerry Johnson

4 c. bread crumbs
1 tsp. salt
1/4 tsp. celery salt
2 T. chopped celery
1 T. finely-chopped onion

½ c. liquid in which giblets were cooked3 T. melted butterChopped cooked giblets

Mix lightly with a fork. This is enough for a 6-pound fowl.

WEBER A KING

Claudia Larson

EAFOOD

1 sm. salmon (3-8 lbs.) or you can use walleye
1 lemon
Lemon juice
Bay leaves

Worcestershire sauce Butter Salt Pepper Paprika

Make a tray of aluminum foil and place on rack of a hot grill. Place salmon (skin side down) or walleye on foil for about 10 minutes and then add butter by brushing. To the remaining butter add a few drops Worcestershire sauce, salt, pepper, paprika, dash of lemon juice and brush on fish. Place bay leaves and lemon slices on fish; cook in grill for about 30 minutes with cover on and fish exposed to smoke. Baste as needed. Fish is done when it flakes apart. Serve immediately. (From a collection of Lake Michigan fish recipes, co-edited by Raymond Larson of Lake Crystal.)

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Start with a nice rump roast. Put it in a roaster with a little water and in the oven at 400° for 2 hours. Let it cool for a few minutes; slice with an electric knife, putting the slices back in the juice (salt and pepper to taste) at 350° for about another 90 minutes. Add a little more water before last roasting session. Make sure roast doesn't go dry at any time, Keep covered, (Dad (Robert Morgan) and Mom (Harriet E.) were born in the Lake Crystal area, were graduates of Lake Crystal High School in 1932 and 1936 respectively and were married in 1939. They lived in Lake Crystal until 1965 when they moved to Marshall for 18 vears. They had 2 sons, Jim born in 1947 and Clark born in 1951. Jim graduated from Lake Crystal High School in 1965 and Clark, Marshall High School in 1970. Morgan and Harriet returned to Lake Crystal in 1983 and lived there until their death, Harriet in 1988 and Morgan in 1989. This recipe was an old standby of the Wigley family for as long as I can remember. It was a Sunday noon staple, usually started early before church and ready shortly after we got home.)

BAKED CRUNCHY CHICKEN

Sarah Schmidt, Activity Assistant Lake Crystal Health Care Center

De-skin and wash chicken parts. Roll in melted butter or oleo. Roll in crushed cornflakes. Lay in greased baking dish. Sprinkle with minced onion, salt, pepper and parsley flakes. Bake at 400° for 1 hour, uncovered. Note: Taking the skin off the chicken before breading cuts the fat calories but not the taste.

SANDWICH FILLING

Laura Jones Mrs. Ralph (Shirley Jones) Selland

Take a lean piece of pork, veal and beef and cook with onions, salt and celery until tender; let cool. Then grind all together and use the broth to make a spreadable filling. Very good, especially with homemade bread after school. (My mom, Mrs. Clayton Jones (Laura) made this and many other good foods that my brother Lloyd and I grew up on. I still miss her good cooking.)

Breads & Rolls



Helpful Hints

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

BREADS & ROLLS

PATICA (Pauitisa)

Claudia Larson

1/2 c. warm milk 1 T. sugar

2 cakes yeast

Dissolve yeast in warm milk; add sugar and let stand in warm place until foamy.

In large bowl place:

6 c. sifted flour 1 tsp. salt

1/2 c. sugar

1/4 lb. butter 3 eggs, beaten

1 c. sour milk (room temp.)

Add this to the yeast mixture and mix well. Turn out onto floured board; cover and let stand for 10 minutes until smooth and elastic. Divide dough into 3 parts and place in greased bowl, turning dough to coat all sides. Cover bowl with plastic wrap, then a towel and let rise in a warm, draft-free place for 11/2-2 hours or until double. Punch down. Cover and let rest for 15 minutes. Various fillings can be used such as raisins, dates, apples or poppy seed, but the favorite is walnut.

Walnut Filling:

1/2 c. honey

1/2 c. brown sugar

2 T. butter or margarine, melted

2 eggs, beaten

4 T. milk

2 tsp. ground cinnamon

1 tsp. vanilla

4 c. finely-ground walnuts

Set aside. Place dough on large, lightly-floured surface, cloth and roll out very thin into a rectangle. Spread walnut filling over dough bringing to within 1 inch of edges. Starting at the long side, roll up dough, jellyroll fashion by lifting cloth. Seal each turn by pinching edges into dough. Place on large greased cookie sheet, forming dough into snail shape. Tuck ends under. Repeat with other 2 parts. Let rise until light, 45-60 minutes. Bake at 325° for 40-50 minutes; cover with foil if crust browns too quickly. Drizzle with powdered sugar glaze if desired. Cool slightly before slicing. Makes 3 rolls.

OUR MOM'S BANANA BREAD

Dot Karels Maurer

1/2 c. white sugar 1 c. packed full brown sugar 1 or 2 eggs, beaten

1 tsp. baking powder 1/4 tsp. baking soda 13/4 c. flour

1/4 c. shortening

Add 2 mashed bananas and ½ cup nuts. Mix well. Bake at 350° for 1 hour or until done.

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BREADS & ROLLS

POPCORN BALLS

The Late Ruth Carlson Marcella Carlson Smith's Mom

BREADS & ROLLS

Pop enough popcorn so you have 8 quarts of popped corn. Keep in warm oven.

Boil together:

1 T. vinegar 1 c. brown sugar

1/2 c. dark Karo syrup

Boil until it spins a hair. Add 1 tablespoon butter and 1/2 teaspoon vanilla. Mix well; pour over popped corn; mix well. Dip hands in cold water, then form into balls. Makes about 12.

ROCKS

Elsie Williams

11/2 c. brown sugar 1 c. butter

1 tsp. cinnamon 1 c. English walnuts 3 well-beaten eggs 1/2 tsp. salt

2 c. flour 2 c. flour 1 tsp. soda 1 c. white raisins

Drop by spoonfuls on greased baking sheet.

COCONUT POUND CAKE

Edna Jo Yoeman

1 c. oil 2 c. flour 1 c. buttermilk 11/2 c. sugar

1 tsp. coconut flavoring 1 (4-oz.) can coconut

4 eggs Glaze:

11/2 tsp. coconut flavoring 1 c. sugar

Cream oil and sugar together. Add 1 egg at a time; beat after each. Alternate flour and milk into mixture, beating well after each. Stir in coconut and flavoring. Bake in tube pan 1 hour at 350°. To make glaze: Put all ingredients in saucepan. Boil 1 minute. Pour over warm cake. Punch some small holes in cake and pour glaze over. Return to hot oven for 5 minutes. Cool in pan until top can be touched. Turn out onto Saran Wrap and back upright onto plate. Take off wrap carefully. Keep covered.

RAISED NUT BREAD

Rev Clint Patterson Presbyterian Church

1 lg. red potato, peeled 21/2 c. water 11/2 c. cornflakes 1 T. shortening 4 c. all-purpose flour

1/2 T. salt 1 c. sugar 1 pkg. dry yeast 1 c. chopped nuts

Boil the potato in the water until done. Mash in the water until fine and pour over the cornflakes, salt, sugar, shortening and 1 cup flour. Beat well and cool until lukewarm. Beat in the yeast and continue adding flour while beating until a soft dough forms. Stir in nuts. Turn onto a floured surface. Knead dough until smooth, adding small amounts of flour to handle dough. Place in a large greased bowl. Let rise 30-40 minutes. Punch down and shape into loaves. Place in greased pans; cover: let rise and bake at 375° for 25-35 minutes. Yields 1 large or 2 small loaves. (This recipe is a favorite in the Patterson household and no family gathering is complete without Grandma Trella Patterson's nut bread. This bread is especially good with black walnuts in it.)

EVELYN'S SCROLLS

Frances Nelson

1/2 c. melted butter (or Crisco) 1 c. sugar

1 c. whipping cream 3 eggs, beaten

2 c. flour (11/2 to start) 2 tsp. vanilla 1 tsp. salt

Beat sugar and butter, then eggs and cream. Put 1 teaspoon of butter on iron.

JOHNNY CAKE

The Late Mrs. Fred M. Jones, Lake Crystal Helen Jones Peterson, Daughter, Mankato

2 c. sour milk 2 eggs Pinch of salt 1/2 c. molasses 21/2 c. cornmeal 1/2 c. sugar 2 tsp. soda 1/2 c. lard or oil White flour to make stiff batter

Mix cornmeal and shortening, then add salt, molasses, sugar, sour milk and eggs well beaten. Add white flour with soda to make batter stiff enough to just drop from spoon (or put in a 9 x 13-inch cake pan). Large recipe. (Sam Olson, Lake Crystal, tells that his mother served Johnny cake with butter and syrup and a piece of fried salt pork for breakfast when he was a boy.)

EADS & ROLL!

SOUR CREAM CORNBREAD

Jean (Davis) Shonyo Albertville, MN

BREADS & ROLLS

In bowl mix dry ingredients:

1 c. flour 2 tsp. baking powder

1 c. yellow cornmeal 1/2 tsp. salt

Add and stir just until moistened:

1 egg, beaten 2 T. butter or oleo, melted 2 T. pimento, chopped 1 c. (8 oz.) sour cream 1/3 c. milk 1 tsp. dry onion, minced

Bake at 400° for 20-25 minutes. Serves 9.

SPIDER CORNBREAD

Aurice Gilman

1 egg 1 tsp. salt

1 c. milk 2 tsp. baking powder

1 c. cornmeal 2 T. shortening (melt in frying

1/3 c. flour pan) 2 T. sugar

Pour mixture on shortening. Then slowly pour on top 3/4 cup milk; do not mix. Will be a layer on top. Bake at 375° for 25 minutes. (Recipe from 1930.)

MOTHER NELSON'S FAT **LEFSE**

Frances Nelson

5 c. flour Salt

1 c. shortening Boiling water (about 3 c.)

Mix together and let chill for several hours. Roll out and bake as you would for potato lefse.

NORWEGIAN FLAT BREAD

Robert Vollness Family

2 c. oatmeal

3 c. graham or whole-wheat 3 c. commeal flour 1/2 c. sour cream (or lowfat 2 tsp. soda

yogurt) 1 pt. water 1 c. margarine 21/2 tsp. salt 1 pt. buttermilk 2 c. white flour

3/4 c. sugar

Heat to boiling water, buttermilk, margarine, sugar and salt. Cool and add yogurt, then soda (foams up so hold over flour mixture). Add to (continued)

mixed dry ingredients. Chill overnight. Make into 1½-inch balls and roll out on cloth-covered pastry board using more flour as needed. Roll into 10-inch to 12-inch circles and fry on Lefse grill or other grill until lightly brown. Dry in oven at 150°. **Enjoy**.

INDIAN FRY BREAD

Bette Manke

Corn oil for frying 2 c. all-purpose flour 1/3 c. nonfat dry milk powder 2 tsp. baking powder

1 tsp. salt 1 T. shortening 3/4 c. warm water (105°-115°)

Add enough oil to a 10-inch or 12-inch electric fry pan to have it 1/3 full. In a large bowl stir together flour, dry milk, baking powder and salt. With your fingers, work in shortening until it is not visible. With a fork, gradually stir in enough water to form a soft dough. On a lightly-floured surface knead until smooth and springy, about 5 minutes. Form into a 6-inch roll. Let rest, uncovered, for 45-60 minutes. Slice crosswise into 6 (1-inch) pieces; form each into a ball. On a lightly-floured surface with a floured rolling pin, roll each ball into a thin 6-inch round less than 1/4 inch thick. Pick up a round of dough-holding it close to the edge, start pressing and rotating the round between thumbs and fingers, keeping thumbs moving close together. First press close to edges of the dough, then move thumbs down slightly and continue pressing to stretch and rotate until round is 7 or 8 inches in diameter, returning to press near edges if necessary. The round will have uneven spots of thickness. Repeat with all the rounds. Meanwhile, heat oil in the skillet to 375°. Add 1 round. Push it down into the oil with tongs. Fry, turning once, until it is puffed and golden brown. Keep the fried round warm in a low oven. Repeat with remaining rounds. Makes 6.

NORWEGIAN LEFSE

Lois (Mrs. Donald R.) Davis

1 lb. instant potato flakes 3 c. powdered milk

5 tsp. salt 9 c. water

3 T. sugar

3 sticks margarine (soybean oil)

Combine dry ingredients. Combine water and margarine, then bring to a boil. Pour liquid over dry ingredients and blend well (not with electric mixer). Cover with a damp towel and chill for several hours or overnight. When thoroughly chilled, divide into 3 parts. Add 1½ cups flour to each part. Mix with pastry blender until all flour is absorbed. Form into a ball and then into a long log shaped roll. Cut each roll into 16 parts. Roll each section until thin and bake on lefse grill about 400°. After baking, place on damp towel and cover with damp towel. Chill thoroughly before wrapping for freezing. Makes about 48 pieces. (My grandfather, Milton Johnson, was all Norwegian so my family has made lefse for years. Even now Norwegians like it. Lefse is good eaten the traditional ways and our family also uses it as a soft shell for tacos.)

LEFSE

Isla Carlson Lake Crystal, MN

BREADS & ROLLS

2 T. sugar 3 c. milk 1 tsp. salt 1 c. butter and lard

Let this come to a boil; pour over 31/2 cups flour. Let stand until cold. Roll out, then bake on top of stove quickly. (From an old church cookbook given to me by my aunt.)

LEFSE

Isla Carlson Lake Crystal, MN

8 c. cooked mashed potatoes 3 tsp. salt 4 c. flour 1/2 c. whipping cream 8 T. butter

Add butter, cream and salt to cooked potatoes and mash. Cool thoroughly. Mix in flour. Roll very thin on floured board using a piece about the size of an egg at a time. Bake on an ungreased griddle, turning to brown lightly on each side. Pile the baked lefse lightly between cloth towels to keep from drying out. Serve warm or cold, buttered and sugared or without sugar. Lefse may be stored in tight container and frozen. (This recipe was written by my mother, Mrs. Carl (Bella) Kunde.)

BARA BRITH

Mrs. Fred M. Jones Helen Jones Peterson, Daughter, Mankato

Pour boiling water over 6 cups raisins.

Put in large mixing bowl:

2 c. lukewarm water 4 T. sugar

2 pkqs. dry yeast or 2 compressed yeast

2 eggs, beaten 11/2 tsp. cinnamon

3/4 tsp. cloves

3/4 tsp. allspice

Let above stand about 10 minutes.

Add:

2 c. water (use raisin water for part)

2 c. brown sugar 2 tsp. salt (scant)

margarine)

1/2 c. shortening (butter or

Beat in 4-6 cups flour or enough to make a smooth dough. Let rise until double; punch down; let rise again and put in tins. Let rise until double. Bake 1 hour at 375°. Makes 5 loaves.

LEFSE WITH INSTANT **POTATOES**

3/4 c. margarine (11/2 sticks)

Isla Carlson Lake Crystal, MN

Minnesota Heritage Cookbook, 1979

1 lb. instant potatoes 61/2 c. boiling water

1 T. sugar 1 T. salt

1 c. cream

4 c. flour

Mix potatoes, boiling water, margarine, cream, sugar and salt. Let stand until cold. Add flour. Divide dough into 4 sections, then divide each of these into 8 pieces. Roll out 1 at a time, paper thin, on a floured board. Bake on a lefse griddle until little brown spots appear on the surface; turn and bake other side. When done, they should be soft and spotted.

BANANA BREAD

Mrs. Bestel Selland 1920's, Butternut, MN

11/2 c. sugar 1/2 c. butter 1 c. buttermilk 1 tsp. soda

21/2 or 3 mashed ripe bananas 3 c. flour 2 eggs, well beaten

1/2 c. diced nutmeats

Let rise 20 minutes in pan before baking 1 big loaf at 350° for 50-60 minutes and until tested done.

BANANA BREAD

Deb Anfinson Gravelle

2 c. sugar 1/2 c. butter-flavored Crisco 2 eggs 3 ripe bananas, mashed

3 c. flour 11/2 tsp. soda 8-10 T. milk

Mix all ingredients and pour into 2 loaf pans that have been greased and floured. Bake at 375° for 1 hour.

BANANA TEA BREAD

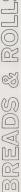
Loretta Lewis, A Rug Weaver

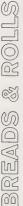
13/4 c. flour 3/4 tsp. baking soda 11/4 tsp. cream of tartar 1/2 tsp. salt 1/3 c. shortening

²/₃ c. sugar 2 eggs, beaten 1 c. mashed ripe bananas (2 or 3 bananas)

Sift the first ingredients. Mix together the shortening, sugar, eggs, flour mixture and bananas. Makes 1 large loaf or 3 small loaves. Bake at 350° for 1 hour for large loaf and 45 minutes for the small loaves.







12 slices bread Fresh basil 2 cloves garlic, lightly crushed Olive oil 2-3 tomatoes, chopped/diced

Mix together chopped tomatoes, garlic cloves, olive oil and about 2 teaspoons of basil. (The amount of oil used depends upon the ripeness of the tomatoes. The other ingredients should marinate in the oil but, not swim in it! The oil should be generous, but not excessive! Italians cook to taste not with measuring devises. Good luck. You will know the consistency needed after you've tried it once. So don't invite quests until you have it down. Once you have it, your friends will be Wow-ed!) Let it marinate a couple of hours, if you remember that far in advance! The best bread for this recipe naturally is homemade bread (which I never make) but, if this is not available, use fresh baked bakers' bread or a long French or Italian loaf. Pre-sliced or packaged bread will not do! Toast the bread in the oven until brown and crisp. Spoon on the marinated tomato mixture. Serve immediately as an appetizer or with the meat. Serves 6.

BARA BRITH (Quick Method)

2 c. self-rising flour 1/2 c. currants 1 c. water 1 egg

Alice William Jones Laura Thomas Walters

1 c. soft brown sugar 1 c. raisins 3/4 c. butter and margarine 1 tsp. mixed spice

BARA BRITH BREAD (True Welsh)

2 c. milk, scalded 1 T. yeast dissolved in 1/4 c. warm water 1 c. sugar 2 eggs 1/4 c. butter

1 tsp. ea. cloves, allspice, cinnamon 1 tsp. salt 1 c. currants 6-61/2 c. flour

Dissolve yeast in 1/4 cup water for 10 minutes. Add all ingredients to scalded milk; cool. Add yeast mixture and remaining flour. Knead well. Let rise until double in bulk. Divide dough in 4 small loaves or 3 large ones. Put into greased pans and let rise until almost double. Bake at 350°.

STRAWBERRY BREAD

Mrs. Tom Walters

Mix:

3 c. flour 1 tsp. soda 1 tsp. salt 4 eggs, beaten
1 c. vegetable oil
2 (10-oz.) pkgs. frozen
strawberries, thawed

1 tsp. cinnamon 2 c. sugar

Bake at 350° until done, depending on size of loaf. Makes 3 small loaves.

RAISIN BREAD

The Late Ruth Carlson, 1930's

2 c. boiling water2 tsp. baking soda

4 T. Crisco or oleo 11/2 c. raisins

Let stand at room temperature for 1 hour.

Add:

1 c. brown sugar 1/2 c. white sugar 1/2 tsp. salt

1 tsp. cinnamon 3 c. flour

1/2 c. chopped black walnuts or English walnuts

Mix well; pour in greased bread pan. Bake at 350° for 40-50 minutes. Makes one 5 x 9-inch loaf.

DEPRESSION BREAD

Dwile Kwasniewski Mother, Lucy of South Dakota

2 pkgs. dry yeast

51/2 c. warm water

Mix together then add:

5 tsp. salt 5 T. sugar

1/2 c. melted shortening, cooled or 1/2 c. Crisco oil

Put in enough flour so dough isn't sticky any more—10-12 cups or more. Knead 5-10 minutes and let rise 1 hour until imprint of finger stays in dough then pop it all, shape it and let rise in greased pans for 45 minutes or longer. Bake at 350° until light or medium brown (loaves about 30 minutes). Can also make rolls, buns, fried bread, cinnamon or caramel rolls. Caramel Sauce: 2 cups butter and 1 cup brown sugar. Heat together in pan and stir constantly until all melted. Do not burn or else start over. Pour on flattened dough; roll up and slice for caramel rolls. Can put powdered sugar frosting on top after baking. (Lucy used this recipe during the depression as it required fewer ingredients then some recipes. The bread continues to be a family favorite. Dwile makes this recipe and says it is more a Depression Era recipe than a Polish recipe.)

DATE BREAD

Mrs. Tom Walters

2 c. dates, cut up 1½ tsp. baking soda ½ tsp. salt 1½ c. boiling water

2 heaping T. shortening 2 eggs, beaten 2½ c. flour ½ c. chopped nuts

11/2 c. sugar

READS & ROLLS

Put soda and salt on dates, then boiling water. Set aside. Cream sugar and shortening; add beaten eggs and date mixture when cooled. Add flour and nuts. Bake at 325° for 20 minutes, then lower temperature to 300° and bake until done, about 50-60 minutes. Makes 2 loaves. (In memory of a wonderful mother who shared her musical talent with her family, church and community.)

WINE BREAD

Claudia Larson

4 c. flour 3 T. sugar 1 c. shortening 1 tsp. salt

Mix above ingredients and add:

1 c. milk, scalded and cooled 4 egg yolks

1 yeast cake dissolved in 1/4 c. water

Knead well. Chill for 1 hour. Divide dough into 4 portions. Roll each into a 10 x 13-inch rectangle about $^{1}/_{4}$ inch thick. Spread filling over the middle third; fold one end over filling and spread filling over this and fold remaining end over. Bake at 350° for 30 minutes; cool and frost. **To serve:** Cut 1-inch strips the short width. **Fillings:** Pie fillings: blueberry, cherry, pineapple, apple, poppy seed, Solo almond, etc.

EASY CARAMEL ROLLS

Sarah Schmidt

1 can biscuits
1/4 c. butter or oleo, melted

1/3-1/2 c. brown sugar

Heat oven to 450°. Combine melted butter or oleo and brown sugar. Spread in 8-inch square pan or round cake pan. Place biscuits over mixture and bake 8-10 minutes or until biscuits are golden brown on top.

QUICK CINNAMON ROLLS (athlen Manke Burnett, Class of 1967

Sift together:

2 c. flour 1 tsp. salt

3 tsp. baking powder

Stir in:

6 T. shortening ²/₃ c. milk

Roll dough ½ inch thick into rectangle 7 x 16 inches. Spread with 2 tablespoons softened butter. Sprinkle with mixture of ¼ cup sugar, 1 (continued)

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MAKE YOUR OWN BAKING MIX

Edyth Whitney, Class of 1948

2 c. hydrogenated shortening 9 c. flour

1 tsp. salt 1/4 c. baking powder

Sift together flour, salt and baking powder. With a blender work the shortening through the dry ingredients, until mixture resembles coarse cornmeal. Store in closed container on pantry shelf. Makes 13 cups.

EASY COFFEECAKE

Janet Hoffman

2 c. flour 1 c. sugar 1/2 c. butter 2 tsp. baking powder 1/2 tsp. salt 2 eggs 1/2 c. milk

1 can pie filling (peach or apple)

Mix flour, sugar, butter, baking powder and salt. Mix like pie crust. Save 1 cup of crumbs for top. Beat eggs and milk together; add to remaining crumbs. Spread into a 9 x 13-inch greased pan. Cover with 3/4 cup coconut and 1/2 cup chopped walnuts. Mix and sprinkle crumbs over pie filling. Bake at 325° for 45 minutes.

Topping:

1 c. powdered sugar

Milk

1 tsp. butter

Mix powdered sugar, butter and enough milk to make a glaze. Drizzle over top.

FROZEN BREAD CARAMEL ROLLS

Maxine Cutler Bonnie Cutler-Dreyer

2 loaves frozen bread dough 1/2 c. butter

2 T. milk Cinnamon

1 c. brown sugar

1 lg. pkg. vanilla pudding (NOT instant)

Thaw bread but do not let rise. Break or cut with scissors 1 loaf of bread dough in greased 9 x 13-inch pan. Melt butter, then add brown sugar, pudding mix and milk and cinnamon. Mix well. Then pour over broken bread. Break second loaf. Put on top and let rise 21/2-3 hours. Bake 30 minutes at 350°. Cool and cut out of pan.

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EWDS

BAKING POWDER BISCUITS

2 c. flour

READS & ROLLS

1-2 tsp. shortening

4 tsp. baking powder

3/4 tsp. salt

3/4 c. milk

Mix and sift dry ingredients. Rub in shortening with tips of fingers or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well-floured board. Pat and roll out to 1-inch thickness. Cut with a biscuit cutter dipped in flour. Place close together on a greased pan. Bake in a hot oven for 10-15 minutes. (From a 1916 cookbook.)

TREACLE (MOLASSES) BREAD

Eleanor Cole

2 c. plain flour

1 c. sugar

1 pinch of salt

2 handfuls raisins (about 1/2 c.)

Mix above ingredients thoroughly. Dissolve 1-2 tablespoons treacle and 1 teaspoon soda in 1 cup warm milk. Add above dry ingredients. Pour batter in 1-pint bread tin; bake at 325° for 1 hour. Cool; slice and butter. (A recipe from about 1930.)

QUICK GRAHAM BREAD (OR MUFFINS)

N. Wyelene Fredericksen, Owatonna, MN The Late Earle W. Fredericksen (1915-1994) Elsie S. Williams, Lake Crystal, MN

Frances M. McGuire, Litchfield, MN Nada J. Wiggins, Owatonna, MN

11/4 c. sour milk (or buttermilk)

1/2 c. sugar

1 tsp. salt

1 tsp. soda (in a sm. amt. warm water)

11/2 c. graham flour 1/2 c. white flour

1 egg

2 T. shortening, melted

Mix well. Bake in a 41/2 x 8-inch pan at 350° for 40 minutes or more. Test with a toothpick. For muffins: Makes 12, bake about 25 minutes.

BROWN BREAD

Wyelene Fredericksen

This is a version of Boston Bread that we bake in tin cans.

Cook together in a saucepan for 15 minutes:

2 c. raisins

2 c. water

Cool.

(continued)

Add:

2 tsp. soda

Mix:

1 c. sugar2 T. lard or other shortening as

23/4 c. white flour

1 tsp. salt

margarine

Add:

Cooled raisin-water and soda mixture

1 egg

1 tsp. vanilla

Grease (or use Pam) 3 round tin cans ($16^{1/2}$ -ounce) or 6 soup cans or small loaf pans. Fill cans $^{1/2}$ way to the top. Bake large cans for 50-60 minutes, soup cans for 45 minutes. Test with toothpick. Remove from cans immediately.

GOLDEN DELIGHT PANCAKES

Dr. Harry and Barb Smith

1 c. creamed cottage cheese

6 eggs

1/4 c. oil 1/4 c. milk

1/2 c. sifted flour

1/2 tsp. vanilla

1/4 tsp. salt

Put all ingredients in blender. Cover; blend at high speed for 1 minute, stopping to stir down once. Bake on greased griddle using ½ cup batter for each pancake. Makes 20 (4-inch) pancakes. Also excellent for waffles. Bake extra waffles and freeze. Reheat in toaster.

WAFFLES

Jamine Deal Wife of Dr. Brian Deal

2 c. flour

2 eggs, separated

2 T. wheat germ

1 tsp. salt

3 T. sugar

13/4 c. milk

2 tsp. baking powder

4 T. melted butter

Put the dry ingredients together. Add egg yolks and milk slowly, beating until smooth. Add melted butter. Stir until mixed. Fold in stiffly-beaten egg whites. Use hot waffle iron on medium setting.

BREADS & ROL

3 WEEK PANCAKE MIX

Dreyer Boys

BREADS & ROLLS

6 beaten eggs
1 qt. buttermilk
1/4 c. vegetable oil
4 c. flour (not heaping)
2 T. baking soda

2 T. baking powder 3 T. sugar

1/2 tsp. salt

1 pkg. dry yeast, dissolved in 1/4 c. warm water

Mix all ingredients with slow hard mixer; pour through funnel (or paper cup with hole cut in bottom) into empty, clean milk container or large beverage pitcher with cover. **Batter will keep in refrigerator up to 3 weeks.** Makes lots of batter (approximately ½ gallon). It is non-greasy. Just shake up batter before removing some for use. Enjoy. (From a local school teacher; several of the children had her and they all liked it.)

GERMAN PANCAKES

Kari Gustafson (Mrs. John)

3 eggs
1/4 tsp. salt
1/2 c. flour

2 tsp. melted butter 1/2 c. milk

Gradually add flour to eggs. Stir in melted butter, milk and salt. Pour batter in well-greased skillet. Bake in oven at 450° for 20 minutes. Makes 4 servings. (Farming and tiling in the Lake Crystal area, 1995.)

OVERNIGHT COFFEECAKE

Gert Roberts

2 c. flour 1 c. sugar 2 pkgs. instant vanilla pudding mix

1 tsp. salt

1 c. water

2 tsp. baking powder

Mix together and add 4 eggs, $\frac{3}{4}$ cup oil and 1 teaspoon vanilla. Mix all together in the electric mixer. Put $\frac{1}{2}$ dough in pan and sprinkle with half of the dry mix; save $\frac{1}{2}$ for top.

Dry mix:

1 c. brown sugar 1/2 c. coconut

1/2 c. pecans 1 T. cinnamon

Don't overbake—if it jiggles when you shake it, bake a little longer. Bake at 350° for 35-45 minutes or so.

BARA BRITH (Raisin Bread)

The Late Mrs. Fred M. Jones Helen Jones Peterson, Daughter, Mankato,

Pour boiling water over 6 cups of raisins. Put in a large mixing bowl 2 cups lukewarm water, 4 tablespoons sugar and 2 packages dry yeast. Let this stand for about 10 minutes. Add 2 cups water (use raisin water for part), 2 cups brown sugar, 2 teaspoons salt (scant), 1/4 cup shortening (butter), 2 eggs, beaten, 11/2 teaspoons cinnamon, 3/4 teaspoon cloves and 3/4 teaspoon allspice. Beat in 4-6 cups flour or enough to make a smooth dough. Let rise until double in bulk; punch down; let rise again and put in tins. Let rise until double. Bake 1 hour at 375°. Makes 5 loaves. (An old Welsh recipe.)

KOLACKY

Carlienne Frisch

1 lb. flour 3/4 c. cold water

1 lb. sweet butter 3 egg yolks

Divide flour into 2 equal halves (1/2 pound each). Work butter into 1 part and egg yolks and water into the other part. Join the batters together and roll out again. Dough should be folded and rolled out a number of times until it no longer sticks to the rolling pin or board. Form into a roll; wrap in waxed paper and leave in the refrigerator overnight. Next day roll out and cut into small squares, each side about 2 or 21/2 inches. Place filling (apricot, not paste, Baker's cheese, prune or poppy seed paste) in center of each square and pinch the 4 corners together. Bake in a 400° oven for about 20 minutes or until golden brown. For convection oven: Preheat 10 minutes at 400°. Use revolving tray for each 15-20 Kolacky. Bake 15 minutes per tray. (This is a recipe from my grandparents' Bohemian (Czech) heritage. A Kolacek is a small Kolac which is a fruit-filled coffeecake. The plural of Kolacek is Kolacky.

QUICK POPPY-ONION LOAF

Loretta Lewis (Mrs. Irvin)

Pkg. refrigerated rolls 4 T. butter or margarine 4 T. instant minced onions 1 T. poppy seed 2 pkgs. refrigerated butterflake rolls (24 rolls)

In small skillet melt butter; add onion and poppy seed. Separate each roll into 2 or 3 pieces; dip each piece in butter mixture to coat entire piece. Place each on edge in 81/2 x 41/2-inch loaf pan, arranging rolls in 2 rows. Bake in moderate 350° oven for 20-25 minutes or until golden brown; turn out onto serving plate; serve warm.

BREADS & ROL

ST. JOHN'S SECRET BREAD RECIPE

Dwile Kwasniewski Rural New Ulm (Cambria), MN

8 lbs. wheat flour 4 oz. salt

2 lbs. coarse, crushed rye flour 22/3 oz. lard, melted

4 cakes yeast

READS & ROLLS

Mix together and let rise until double. Then form into 6-8 loaves and bake for 45 minutes.

PAPPY'S SOUTHERN ROLLS

Elizabeth (Bette) Manke

1 pkg. yeast 1 T. sugar 1/3 c. lukewarm water 1 tsp. salt 3 eggs 3 c. flour 1/2 c. shortening, melted 1/4 lb. butter

1/3 c. milk (room temp.)

Dissolve yeast in water for 10 minutes. Drop eggs into mixing bowl; add melted shortening, milk, dissolved yeast, sugar and salt. Beat well and begin working in the flour. Knead continuously in the bowl until it's good dough, smooth and elastic. Cover; let rest in warm place 45 minutes or until double in bulk. Punch down dough. Cut off pieces about the size of a walnut. Place in greased muffin pans. Let rise in a warm place until roll is high as the pan. Then bake in a hot 400° oven for 8-12 minutes. Hot from the oven brush over butter to give extra flavor. Yields 2 dozen rolls.

HOMEMADE BREAD

Mrs. Theresia Schmiesing

4 c. lukewarm water 2 eggs 2 pkgs. yeast 1 T. salt 1 c. melted lard 12 c. flour

1 c. sugar

Dissolve the yeast in warm water; add sugar, eggs, lard and salt. Mix add flour and mix well. Let rise until double in bulk; punch down. Let rise again until double in size. Shape into rolls or bread loaves. Put in well-greased pans. Bake at 350° for 1 hour for bread or 350° for 20-30 minutes for rolls. Makes about 4 loaves or 4 dozen rolls. (This was Diana Lantz's mother, who got this recipe from Dr. and Mrs. Ball, when she was a nanny for their children, between 1925 and 1935 on Summit Avenue in St. Paul. Diana and Fred Lantz lives in rural Lake Crystal and had 4 children.)

GERMAN APPLE BARS

Ruth Williams Williams Garage

READS & ROLLS

Mix together:

1 c. oil

3 eggs

2 c. white sugar

2 tsp. cinnamon

1 tsp. vanilla 1 tsp. soda

 $\frac{1}{2}$ tsp. salt $2\frac{1}{2}$ c. flour

Add:

1 c. chopped nuts

3 c. finely-chopped apples

Grease and flour large jellyroll pan. Bake at 350° for 25-30 minutes. Frost with 4 ounces cream cheese, 2 tablespoons melted butter, vanilla and 2 cups powdered sugar. Frost while warm.

PUMPKIN BREAD

Tricia Manke Geater

Sift together:

1½ c. sugar 1 tsp. soda

1/4 tsp. baking powder

3/4 tsp. salt

1/2 tsp. cloves 1/2 tsp. nutmeg

1/2 tsp. cinnamon

12/3 c. flour

Add and mix with beater:

2 eggs

1/2 C. Oil

1 c. canned pumpkin

1/2 c. water

Add:

1/2 c. chopped nuts

1/2 c. chopped dates

Bake 11/2 hours at 350°.

Recipe Favorites

Recipe Favorites

BREADS & ROLLS

Pies, Pastry & Desserts

Treetings

VARIEGATED HOLLY
AND FAMILY HEIRLOOM
FROM 1904

Wyelene Fredericksen

Silver and Gold Cake "Basket"

50th Wedding Anniversary Gift

To Mr. and Mrs. Manassa Sherer, South Bend Township, Blue Earth County, Minn. – 1904

This is from a sketch by N. Wyelene Fredericksen, their great-grand daughter, used for her Christmas card. It is possible the old family recipe, **Apple Sauce Cake**, was served from this cake "basket."

M. Thyelen Frederickson

From: N. Wyelene Fredericksen #302 South Court Condominium 350 22nd Street S. E. Owatonna, MN 55060-4444

Helpful Hints

- When preparing a casserole, make additional batches to freeze.
 Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated.
- · Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- · Don't freeze cooked egg white. It becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.
- The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

PIES, PASTRY & DESSERTS

BLUSH APPLE PINEAPPLE PIE

Leatha Baustian Baldwin

5 lg. apples, sliced 3 slices pineapple, cubed 1/4 c. red cinnamon candies 2 T. flour 1/8 tsp. salt 2 T. butter

1 tsp. lemon juice 1/2 c. granulated sugar Plain pastry (enough for 1 pie)

Mix all ingredients for filling and let stand while mixing pastry for crust. Brush bottom crust with melted butter before adding the filling. Now add the filling and dot with butter. Cover with rolled dough for upper crust. Bake in preheated 350° oven for 45 minutes or until done. (Lethe lived with her parents, Fred and Olivia Baustian, graduated from Lake Crystal High School in 1932, married Eldo Baldwin and now lives in Santa Cruz, California.)

PLUM PUDDING

Jennie Jones (1892-1987)

1/2 c. butter 1/2 c. sugar 1/2 c. molasses 1 c. sweet milk 1 tsp. cinnamon 2 tsp. vanilla 1/2 tsp. salt 1 c. chopped nuts

1 tsp. soda in a little water 1/2 tsp. cloves

2-3 c. raisins 2 c. flour

Cream butter and sugar together. Add remaining ingredients. Pour into jelly glasses, 1/3 full and steam for 3/4 of an hour. Serve with whipped cream or clear sauce.

Clear Sauce:

2 T. flour 1/4 c. sugar

1 c. water

Heat and stir until it thickens and add 1 teaspoon vanilla.

SWEDISH PASTRY

Kari Gustafson

1/2 c. flour

1/4 c. butter

Mix as for pie and roll into strips on cookie sheet.

1 c. water

1 stick MARGARINE

Bring to a boil. Beat in 1 cup flour and 3 eggs, one at a time. Beat guite a while and add 1 teaspoon vanilla. Spread this mixture on top of the strips. Bake 40 minutes at 375°. Frost while hot with powdered sugar frosting.

S, PASTRY & DESSERTS

STRAWBERRY OR RASPBERRY

Jean Davis Shonyo Daughter of Naomi Crane Davis

TORTE 1 c. milk

1 lb. marshmallows

Heat until melted. Fold in:

2 pkgs. frozen berries

1 pt. whipped cream

1/2 c. chopped nuts

Crust:

25 graham crackers, crushed

1/4 c. sugar

1/2 c. butter

Put into 9 x 13-inch pan. Fill with mixture and add some crumbs on top. Refrigerate overnight. (This recipe was one of my mother's favorites. She made this dish for many potluck dinners, family and neighborhood get-togethers.)

PUMPKIN PIE

M. E. Church Cookbook, 1930

1 c. sifted pumpkin

1 c. sugar

2 eggs

1 tsp. cinnamon 1/2 tsp. ginger Pinch salt

2 c. milk

"What moistens the lip and brightens the eye What calls back the past like a rich pumpkin pie" from the late Mrs. Ella Kraus.

COCONUT MACAROON DESSERT

Wilma Childs Bonnie Dreyer, Granddaughter

1 pt. whipping cream, whipped 1 c. macaroon crumbs or vanilla

3/4 c. walnuts

wafers

1 qt. raspberry sherbet

3 T. sugar

1 qt. lime sherbet (layer of each)

Grind up macaroons, nuts; whip cream and add sugar. Mix macaroons, nuts and whipped cream. Put a layer of mixture on bottom of pan and layer sherbet, then a layer of cream mixture on top. Freeze. Serves 18. Take out few minutes before serving. (I remember helping Grandma make this for her circle meetings at Zion Lutheran Church.)

CHEESECAKE

Delores Scott

11/4 c. graham cracker crumbs 1/4 c. sugar 1/3 c. Crisco, melted

2 (8-oz.) pkgs. cream cheese, softened

1 (14-oz.) can sweetened condensed milk

3 eggs

3 T. lemon juice 1 can pie filling

Preheat oven to 300°. Combine crumbs, sugar and Crisco. Press firmly on bottom of 9-inch springform pan. In large bowl beat cheese until fluffy; gradually add sweetened condensed milk until smooth. Beat in eggs and lemon juice. Pour into prepared pan. Bake 50 minutes or until center is set. Chill; top with filling.

APPLE CRISP

June Miner

1/2 c. sugar 3/4 c. flour 5 big apples 1/4 c. butter 1/2 tsp. cinnamon

Slice apples in pan or baking dish. Mix sugar, flour, butter and cinnamon to resemble coarse crumbs. Cover apples with crumbs. Bake in hot oven until nicely brown and apples are done. Serve with whipped cream.

ROLL THE CAN ICE CREAM

Lake Crystal Health Care Center

2 empty cans (1 lb. with plastic lid and 3 lb. with plastic lid)
1½ c. rock salt (can use the salt from water softener)
20 c. crushed ice
1 c. heavy cream

1 egg, beaten (wash and dry egg before breaking)
½ c. sugar
1 tsp. vanilla
Chocolate, strawberries or peaches (opt.)

Cover small can and set in center of larger can. Layer ½ the crushed ice alternately with ½ the salt in the space between the cans. Cover the larger can. Now the fun begins! Choose a hard level surface and roll the can back and forth between the kids for ten minutes. Open outer can; empty old ice and salt. Lift small can; wipe lid dry and open. Scrape ice cream from sides and stir. Cover and roll 5 more minutes. Makes 2½ cups of ice cream. It was delicious! (This came from the Lake Crystal Health Care Center but the workers' kids and neighborhood kids love to make it and eat the ice cream!)

IES, PASTRY

1 c. milk

BROWN BETTY

SERIS

M

ES, PASTRY &

The Late Mrs. Pearl Leffler Wife of the Late, R. F. Leffler Insurance, Lake Crystal

Into a buttered baking dish place a layer of sliced apples, a layer of bread crumbs and a generous sprinkling of sugar. Repeat until you have the desired amount. Add a teaspoon of vanilla; dot with butter and bake until nicely browned. If apples are dry add a little water. Serve with cream.

ENGLISH CREAM PIE

Mrs. Oneita (John B.) Williams

1 unbaked crust 2 c. whipping cream 1 c. white sugar 1/2 c. flour (scant)

Whip cream to stiff peaks; fold in sugar and flour. Sprinkle with nutmeg. Bake for 12 minutes at 400°, then 350° for 40 minutes.

LEMON SAUCE

1 c. sugar 1/2 c. butter 1 egg

Juice of 2 lemons

Cook in double boiler or microwave until thick.

RUM SAUCE

Claudia (Mrs. Richard) Larson

1/4 lb. butter 1/4 c. water

1 c. sugar 1/2 c. rum

Melt butter; stir in water and sugar. Microwave until thick, about 5 minutes, stirring midway. Remove and add rum, stirring again. (This recipe is from Louise Spencer and her daughter LaRaine Larson. Richard and father, Ray, owned and operated Elco Feeds in Lake Crystal, since before World War II. It has recently been sold.)

STRAWBERRY PIF

Edythe Peterson

1 (9-in.) baked pie shell 1 c. sugar

1 T. cornstarch

1 c. water

3 heaping T. strawberry Jello **Strawberries**

Whipped cream

Cook sugar, cornstarch and water until clear. Stir in Jello; cool. While cooling, wash strawberries and cut into halves. Stir into mixture. Pour into pie shell. Top with whipped cream or Cool Whip. Refrigerate to set. 41/2 c. sugar

1 can Carnation milk

Bring to a rolling boil. Lower heat, stirring, for 10 minutes.

11/2 pkgs. chocolate chips

Nuts, as desired

1 lg. pkg. marshmallows

Mix above together with the hot sugar and milk syrup; beat for 2 minutes. Place in buttered 9 x 9-inch pan. (Submitted by Phyllis Gilman in memory of Mrs. Goad (Josephine) Gilman.)

LEMON MERINGUE PIE

Mrs. Barbara Thomson

4 T. flour

5 T. cornstarch

1 tsp. salt 1½ c. sugar 3 egg yolks ½ c. lemon juice

Grated rind 11/2 lemons

1 tsp. butter

Cook first 5 ingredients in double boiler about 15 minutes. Add slightly-beaten egg yolks; cook 2 minutes. Add lemon juice, rind and butter. Cool; put in baked pie shell. Cover with meringue and bake 15 to 20 minutes in 300° oven.

Meringue:

3 egg whites 6 T. sugar 1/4 tsp. cream of tartar

Beat egg whites until stiff. Mix together sugar and cream of tartar; add to beaten egg whites. (Mrs. Thomson and her husband owned and operated a repair shop for furniture and bicycles, 1920's and 1930's. She kept on for many more years after he died in Lake Crystal.)

CHRISTMAS PLUM PUDDING

ING From the late Louise Spencer and daughter LaRaine Spencer Larson

(English)

1 c. chopped suet

1 c. light molasses 1 c. milk

1 c. chopped raisins

3 c. flour

1 tsp. soda

1 c. applesauce

1 c. sugar

1/2 tsp. salt

2 tsp. cinnamon

Mix all ingredients; put into 3 greased 1-pound coffee cans, $\frac{3}{4}$ full and steam for 2 hours in the oven, in a cake pan with 2 or 3 inches of water in it or a roaster. To serve, remove from cans and reheat in microwave. May keep in refrigerator for a time and heat before serving. Use warmed lemon sauce, or for variety, warmed rum sauce.

RY & DESSERTS

RHUBARB CUSTARD PIE

Nora Griffiths

3 eggs, slightly beaten with a fork

2²/₃ T. milk 2 c. sugar

1/2 tsp. salt

1/4 tsp. vanilla
4 c. rhubarb, cut sm.

3/4 tsp. ground nutmeg

1 T. butter

Mix first 7 ingredients and pour into pastry-lined pan. Dot over with butter. Bake at 400° in oven for 50 to 55 minutes. You may cover with a lattice top before baking. (The late Nora Griffiths husband had a garage on Main street, until he fell sick and died, leaving her with 3 young children. She was a cook at the school from World War II until retirement.)

MY MOTHER'S "SUET PUDDING"

Iva Hughes

2 c. suet, chopped fine

2 c. flour 1 c. sugar

1 tsp. nutmeg 1 tsp. cinnamon

1 tsp. allspice

1/4 tsp. cloves

11/2 c. raisins 1 level tsp. soda

1/4 c. boiling water

11/3 c. milk (enough to make a

soft dough)

Mix all ingredients together and the raisins. Put soda in boiling water and add milk. Put in a greased Spry or Crisco can. Set the can in a kettle of water about 2 inches up on the can. Put cover on kettle and boil for 3 hours. Make a white sauce and pour over pudding when served.

SWEDISH RICE PUDDING

Elaine Lee

1 c. rice 1 tsp. salt 3/4 c. milk 3/4 c. water

4 eggs 4 c. milk ³/₄ c. sugar ¹/₂ c. raisins

Combine first 4 ingredients and cook for 15 minutes. Beat eggs; stir in milk, sugar and raisins. Add cooked rice. Pour into buttered 9 x 13-inch pan. Bake at 350° for 50-60 minutes. Yield: 16 servings. (Elaine and husband, Dean, have lived and farmed near Lake Crystal for 35 years. They belong to the Zion Lutheran Church and she is a member of Sarah Circle.)

GRAHAM CRACKER TORTE

26 graham crackers 2 tsp. baking powder 2 T. butter

1 c. sugar 2 egg whites 3/4 c. milk

Crush crackers and mix with baking powder. Cream butter and sugar. Add milk and crumbs. Fold in beaten whites. Bake in 2 layers 30 minutes.

Filling:

1 ten-cent can pineapple 1 c. sugar

1 T. flour 3 eggs

Cook in double boiler until thick. Cool and add 2 to 3 teaspoons lemon juice. Put between layers of graham cracker mix. (The late Mrs. Lucille Collis was the mother of Omar Collis, businessman in Lake Crystal for many years and now, 1995.)

PEACHES AND CREAM TART

Barb Smith

9 soft coconut macaroon cookies (1/2 of a 133/4-oz. pkg.) 1 c. ground pecans

3 T. butter or margarine 1/2 c. whipping cream

1 (8-oz.) pkg. cream cheese. softened

1/3 c. sugar

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2 tsp. dark rum or orange juice

1 tsp. vanilla 1/4 tsp. almond extract 2 to 4 med. peaches, peeled, pitted and thinly sliced (11/2 to 3 c.)

2 T. lemon juice 1/2 c. fresh raspberries 2 tsp. honey

1/4 c. apricot preserves

For crust: Crumble macaroons. In a large mixing bowl stir together macaroon crumbs, pecans and butter. Press mixture onto bottom and up sides of an 11-inch tart pan with a removable bottom. Bake in 350° oven until golden, allowing 15-18 minutes. Cool on wire rack. For filling: Chill a medium mixing bowl and beaters. In chilled bowl, beat whipping cream with mixer on medium speed until soft peaks form; set aside. In small mixer bowl beat cream cheese and sugar on medium speed until fluffy. Add rum or orange juice, vanilla and almond extract; beat until smooth. Gently fold in whipped cream. Turn mixture into cooled crust; spread evenly. Cover and chill for 2 to 4 hours. Before serving, toss peach slices with lemon juice. Arrange peaches and raspberries over filling. Glaze: In a small saucepan combine preserves and honey; heat and stir just until melted. Snip any large pieces of fruit in the glaze. Strain glaze if desired. Carefully brush or spoon over fruit. Gently remove sides of tart pan; transfer tart to serving platter. Cut into wedges to serve. Makes 10 to 12 servings. (Barb Smith is the wife of Dr. Harry Smith. They came to Lake Crystal in 1946. He served the community as a family doctor until retiring a few years ago.)

FROZEN LEMON CREAM PIE

Bette Manke

PIES, PASTRY & DESSERTS

3 eggs 3/4 c. sugar 1/4 tsp. salt 1/4 c. lemon juice 1 c. whipping cream

16 graham rolled crackers (11/3 c. crumbs)

1/4 c. butter, softened

Beat 1 whole egg and 2 egg yolks together, putting remaining two egg whites aside to use later. Add 1/2 cup sugar, the salt and lemon juice. Cook in top of double boiler over hot water until thickened; cool. Beat remaining egg whites stiff. Combine with whipped cream. Add to egg yolk mixture. To finely-rolled graham crackers, add softened butter and 1/4 cup sugar. Press half the crumb mixture firmly in bottom of refrigerator tray. Pour lemon mixture into crumb-lined tray and top with remaining crumbs. Place in freezing compartment of refrigerator and freeze firm. To serve, cut into wedge-shaped pieces. (I served this many times to family, husband Fred, and children, Lois, twins, Kathleen and Kristeen and Rick (Frederick) during the 1950's. My parents were the late Milton and Audrey L. Johnson. My full name is Elizabeth Johnson "Bette" Manke.)

PLUM PUDDING

The Late Jennie Jones (1892-1987)

Cream together:

1/2 c. butter

1/2 c. sugar

2 tsp. vanilla

Add:

1/2 c. molasses 1 c. sweet milk 1 tsp. soda in a little water 1/2 tsp. cloves, 1 tsp. cinnamon

1/2 tsp. salt 1 c. chopped nuts 2/3 c. raisins 2 c. flour

Pour into jelly 1/3 full and steam 3/4 of an hour. Serve with whipped cream or a clear sauce.

Clear Sauce:

2 T. flour

1 c. water

1/4 c. sugar

Heat and stir until thickened and add 1 teaspoon vanilla.

WELSH VIOLET PUDDING (From a 1796 recipe)

From Blodwen's things.

About 6 handfuls (5 oz.) dried or Juice of 1 lemon crystalized violets 6 eggs
1 T. thick honey

Boil the violets gently in a small amount of water, just enough to prevent sticking. Beat the eggs to a froth with the honey. Add lemon juice. Stir in the cooled violet mixture; pour into a buttered oven dish. Bake in slow to medium oven for 45 minutes to 1 hour. (Watch carefully because the top will brown quickly.) Serve warm or cold with plenty of cream and chopped violets sprinkled over the top. Serves 4-6. (Welsh specialties from Sir Clough's table. He was a nobleman who turned his Welsh estate into a resort and served these favorites to his guests.)

PINEAPPLE PIE

Mrs. Darrell Lewis, Daughter
Mrs. Earl Walters

The recipe calls for this pie crust:

2½ c. flour

1 tsp. salt 3/4 c. lard

1/4 c. ice water

This makes enough crust for a double crust pie.

Filling:

1 (no. 2) can crushed pineapple 2 T. cornstarch ½ c. sugar ½ tsp. salt

Put pineapple and juice in a heavy saucepan; bring to a boil. Mix together sugar, cornstarch and salt; add to pineapple and juice, stir until thickened; pour into crust and top with another crust that has been folded and little cuts made for air holes. Seal well around edges. Bake at 425° for 15 minutes, then at 325° oven for 30 more minutes. (My parents, Mr. and Mrs. Earl Walters lived in the Cambria, MN area all of their lives. They both have passed away. Their ancestors came from Wales.)

ANGEL FOOD PIE

Billie Carleton-Johnston

41/2 T. cornstarch 1/2 c. sugar 11/2 c. boiling water 3/8 tsp. salt 3 egg whites 11/2 T. sugar 1½ tsp. vanilla
1 c. cream, whipped
2 ripe bananas, sliced
2 T. walnut meats, chopped
1 baked pastry shell

Mix the 1/2 cup sugar and the cornstarch in saucepan or top of double boiler. Add boiling water, stirring constantly. Cook until thick and clear

(continued)

ES, PASTRY & DESSERTS

(about 10-12 minutes). Add salt to egg whites and beat until stiff. Add the 11/2 tablespoons sugar and the vanilla. Beat until egg whites are creamy. Pour hot cornstarch mixture slowly over egg whites, beating continuously, then fold in sliced bananas. Fill pastry shell; cover with whipped cream; garnish top with the finely-chopped walnut meats. Let cool well before serving. (This pie has an ethereal quality. This is a Kansas recipe from my family files.)

ICE CREAM ROLLS

Beth Norman

4 eggs 1 c. sugar 1 tsp. vanilla 1 c. cake flour 1 tsp. baking powder 1/2 tsp. salt

Beat eggs well; add other ingredients. Bake in jellyroll pan at 375°, until light brown. Dust with powdered sugar. Roll up. When cool, unroll; cover with 11/2 pints of ice cream. Reroll. Freeze. (A recipe from the days when all farm women had a lot of eggs. Beth is the wife of John Norman, Mayor of Lake Crystal for about 12 years and is in office at this time-1995.)

LEMON PUDDING (1920)

Miss Catherine Williams

1 c. boiling water Juice of 1/2 lemon Grate a little rind in it

1 T. sugar dissolved in water 1 T. flour mixed with 1 T. sugar

Moisten with a little water. Add yolk of egg. Then stir into boiling water. Add 1 teaspoon butter and beat the egg white; add a little sugar. Pour over top of pudding mixture and brown in the oven. (She was the 6th grade teacher in Lake Crystal for over 40 years. She loved to teach the history of Minnesota.)

STEAMED CRANBERRY PUDDING

Rosella Norman

1½ c. cut-up cranberries (chop with knife)

1/3 c. hot water poured over

2 tsp. soda

above

Add:

2 T. sugar

1 tsp. salt

1/2 c. light molasses

11/2 C. flour

Mix well. Put in well-buttered mold. Cover tightly with foil. Steam 11/2 hours. Serve at once or when cool refrigerate or freeze.

(continued)

Sauce for Topping:

1/4 c. butter 1/2 c. cream 1 c. sugar 1 tsp. vanilla

Bring first 3 ingredients to near boil. Add vanilla. Serve hot over steamed pudding.

ANGEL CRISPS

Geraldine Mennenga Helfler

½ c. granulated sugar
 ½ c. brown sugar
 1 c. butter or ½ ea.
 1 egg
 1 tsp. vanilla

2 c. sifted flour ½ tsp. salt 1 tsp. soda

1 tsp. cream of tartar

Cream sugar, shortening, egg and vanilla. Add sifted dry ingredients. Form into balls the size of walnuts. Dip the top half in water, then in granulated sugar. Place on ungreased baking sheet. Press down in center with finger. Bake at 425° for 8-10 minutes. Yields 4 dozen cookies.

STEAMED CRANBERRY PUDDING

John B. Peterson, WI Sister, Pam Harbo, Lake Crystal

2 c. coarsely-chopped cranberries 11/3 c. flour 1/2 tsp. salt 1 tsp. soda

1/4 tsp. cinnamon 1/4 tsp. cloves 1/4 tsp. mace 1/3 c. hot water 1/2 c. molasses

Add cranberries to sifted dry ingredients. Add water and molasses and mix well. Fill greased 1-pound coffee can or pudding mold ²/₃ full. Cover and steam 2 hours. If desired, steam in individual mold covered lightly with waxed paper and tied with strings. Serve with Supreme Sauce.

Supreme Sauce:

1 c. sugar

1/3 c. butter

1 c. light cream

In a double boiler over hot water heat until well blended. Add 1 teaspoon vanilla; serve warm over warm pudding. Yields 6 servings. (Mother served this at Christmas on a cake plate. Around the edge she placed sugar cubes, dipped in lemon extract. Wrap cubes loosely in foil, then light for a Flaming Pudding before serving with sauce.)

PASTRY & DESSERT

PILES, PA

CHEESE TORTE

Enda Thompson Member, United Methodist Church

1 pkg. Knox gelatine

1/2 c. cold water

Mix well; set aside.

Boil the following until like

custard:

es, pastry & desser

1/2 tsp. salt 1 c. sugar

2 egg yolks 1/2 c. milk

Remove from heat; add gelatin (cool). Beat 2 cups cottage cheese and 1/2 teaspoon vanilla. Add to the custard; mix well. Add 1 pint cream, whipped and 2 egg whites whipped. Crush about 7 or 8 graham crackers; put in 9 x 13-inch pan; pour filling on top. Sprinkle some graham cracker crumbs on top. Chill. Best made the day before.

RAISIN CRISSCROSS PIE

Winnie Richards Davies Edythe Davies Peterson, Daughter

1 c. brown sugar 3 T. cornstarch 11/3 c. water

Grind rind and juice of 1 orange and 1 lemon 3/4 c. nutmeats

2 c. seeded raisins

1 recipe of plain pastry

Combine sugar, cornstarch, water, raisins, grated rind and fruit juice. Cook over low heat until thick. Add nutmeats. Pour in 9-inch pastrylined pie pan. Make a lattice top crust and flute the edges. Bake at 450° for 10 minutes, then in moderate 350° oven for 20 minutes. (This is a 1910 recipe.)

PLUM PUDDING

Lillian (Jones) Hanson, Madelia On Behalf of Thomas and Agnes Jones Ruth E. Larson, Mankato Enid Tiedeken, Madelia Lloyd T. Jones, Lake Crystal

2 eggs

1 bowl suet (3 c. cut fine)

1 bowl bread crumbs (3 c.)

1 bowl seedless raisins (3 c.)

1 c. brown sugar

1 c. flour

2 tsp. cinnamon

1 tsp. nutmeg 1/2 tsp. soda

1 tsp. baking powder

2 c. milk

1/2 tsp. salt

Mixed candied fruit may be added

Mix all ingredients together and put into well-greased molds as double boiler and steam or boil in hot water for 3-4 hours.

(continued)

Serve hot with following sauce:

3/4 c. sugar 3 T. flour

2 T. butter 1/2 tsp. salt

Mix all ingredients together, then slowly add about 2 cups of hot water and cool until thick and clear. Add vanilla and lemon flavoring. Cinnamon may be added. (This recipe was used by my grandmother Jones, mother of Thomas (Colorado) Jones. Later my aunts, Mrs. John W. Williams (carpenter) and Mary Ann Jones made many batches of this pudding and sold them, especially from Thanksgiving and Christmas through New Year's Day. This was a favorite of the Welsh people.)

SOUTHERN BREAD PUDDING

1/2 c. raisins 1/2 c. hot water 4 eggs 2 c. milk

3/4 c. sugar, divided

Butter Sauce:

1/2 c. butter (no substitutes) 1 c. sugar

Carol Dunker Rebecca Cirle, Zion Lutheran Church

1 tsp. vanilla 8 slices French bread (1/2 in. thick) Butter, softened 1 tsp. cinnamon

1/2 c. plus 2 T. heavy cream

Place raisins in a small bowl; pour water over. Let stand for about 10 minutes to soften; drain. In a mixing bowl beat eggs. Add milk, 2/3 cup sugar, vanilla and raisins. Pour half into a greased 13 x 9 x 2-inch baking dish. Butter both sides of bread; arrange in a single layer over egg mixture. Cover with remaining egg mixture. Combine cinnamon with remaining sugar; sprinkle on top. Bake at 350° for 30 minutes or until a knife inserted in center comes out clean. Meanwhile for sauce, melt butter in a saucepan. Add sugar; cook and stir over a medium heat for 10 minutes. Remove from the heat and gradually stir in cream. Return to the heat; cook and stir 8-10 minutes longer, until thickened and golden colored. Serve warm over a slice of bread pudding. Yields 8 pieces.

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Beat well:

2 eggs

Blend in:

1 c. brown sugar 1 tsp. baking powder

1/2 c. melted butter 1/2 tsp. salt

2 c. Western pitted cherries 1/2 c. whole almonds 1/2 c. sifted flour 1/4 tsp. almond extract

Pour into well-greased mold. Cover. Set mold in 2 inches of water. Steam 2 hours.

Hard Sauce:

2 T. cornstarch ½ c. sugar

Juice from cherries Season with cinnamon

1 T. butter

Cook to a medium sauce consistency.

WELSH CHRISTMAS PUDDING

Dorothy Davis Yarger

1 c. suet, ground
1/4 tsp. allspice
1 c. hot water
1/2 tsp. cloves
1 tsp. salt
1/2 tsp. nutmeg
1 c. brown sugar
1/2 c. molasses
1/2 tsp. baking powder

1 c. dated, chopped or ½ c. 2 c. flour

dates and ½ c. raisins

Combine ingredients and put into buttered cans (fill $\frac{1}{2}$ full); steam for 3 hours.

Hard Sauce (also called Vanilla Sauce):

3 tsp. flour 3/4 c. sugar 3 T. butter 1/2 tsp. salt

Mix together and add 2 cups hot water. Cook until thick and clear. Add vanilla or lemon flavoring. (This recipe is from Naomi (Mrs. David A.) Davis who lived in rural Lake Crystal for over 50 years. It came from her mother, Jenny Williams Crane. Both her (Naomi's) parents came from Wales, met in the U.S., married and raised a big family on a farm near the junction of highways of 169 and 60.)

CRANBERRY PIE

M. E. Church Cookbook (1930) 2 c. cranberries

2 c. sugar 2 c. raisins

1 c. boiling water

1 tsp. butter

1 tsp. Mother Hubbard flour

1 tsp. vanilla

Cut cranberries in halves and chop raisins; mix together. Cook for 1/2 hour. Cool. Pour into 2 plates lined with pastry and bake from 15-20 minutes in a quick oven. The flour may be omitted and the whole cooked to the consistency of marmalade. This also makes a good sandwich filling.

Crust:

11/2 c. Mother Hubbard flour 1/2 c. lard

Pinch of salt

1/4 tsp. baking powder 1/2 c. boiling water

Stir until lard is all melted in the boiling water. Mix in the flour. This is enough for 2 (8-inch) pies. (Mrs. Ed Nutt and her husband owned and operated a hotel in Lake Crystal on Main Street. This was about the 1920's and 30's. After Mr. Nutt died, she ran the business a while and sold it. They were well thought of.)

BROWNIES

1/2 c. butter, melted (let cool) 2 sq. chocolate 3 eggs, beaten

Add:

1/2 C. flour

Elizabeth (Liz) Wigley Peterson

1 c. sugar 1 tsp. vanilla 1/4 tsp. salt

1/2 c. nuts

Bake in an 8-inch pan for 20 minutes at 350°. To frost take 1 square of chocolate, 1 cup sugar, 1/4 cup butter, 1/4 cup milk, a few grains of salt and a few drops of vanilla; boil 1 minute; cool; add vanilla and beat. (Liz passed away December 20th, 1976.)

Recipe Favorites

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Cakes, Cookies & Candy



Helpful Hints

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

CAKES, COOKIES & CANDY

4 eggs

CARROT CAKE

Lois Baustian Hoffmann Santa Cruz, CA

2 c. whole-wheat flour 2 tsp. baking powder

1 c. oil 1/2 tsp. soda 2 c. grated carrots

2 tsp. cinnamon 1 sm. can crushed pineapple 1 tsp. salt (do not drain) 2 c. sugar 2 c. chopped nuts

Bake at 350°.

Frosting:

1 box powdered sugar 1 (8-oz.) pkg. cream cheese 1/2 c. butter 1 tsp. vanilla

This cake may be baked in 2 layers or in a bundt pan. Also is an easy recipe to divide in half and bake in an 8 x 8-inch pan. (Lois grew up in the home of her parents, Fred and Olivia Baustian in rural Lake Crystal and graduated from high school in 1930. In 1935 she married and settled in Arvin, CA. Later she moved to Santa Cruz and for 24 years has made her home in Monterey Bay, a beautiful area!)

GERMAN RHUBARB CAKE

Mrs. Minnie (Ed) Manke Fred Manke's Mother

11/2 c. brown sugar 1/2 c. shortening

1 eqq 1 tsp. vanilla 2 c. rhubarb, cut up sm. 2 c. plus 2 T. flour 1 tsp. soda 1/2 tsp. salt 1/4 tsp. allspice

1 c. sour milk

1/4 tsp. cloves

Cream brown sugar, shortening, egg and vanilla together. Mix dry ingredients in separate bowl. Add dry ingredients to creamed mixture alternately with sour milk. Fold in rhubarb. Put in greased 9 x 13-inch pan; sprinkle topping mix over batter.

Topping:

1/2 c. sugar 1 tsp. cinnamon $\frac{1}{4}$ - $\frac{1}{2}$ c. chopped nuts or coconut

Bake 40 minutes at 350°.

akes, cookies & candy

APPLESAUCE CAKE

Wylene Fredrickson

CAKES, COOKIES & CANDY

2 c. applesauce, homemade or canned (chunky)

1 c. sugar 1 c. raisins

1/2 c. lard OR butter OR margarine

2 c. white flour

1 tsp. ea. cinnamon and cloves

2 tsp. soda in a sm. amt. of water

Mix all together. Bake in a 9 x 9-inch pan at 350° for 35-40 minutes. Test with a toothpick. Note: We always use some kind of Caramel Frosting on this cake. (This has been a family favorite. Many farms had small orchards so apples were plentiful.)

SPICE CAKE

Mrs. Clayton Jones (Laura) Wife of Lake Crystal National Banker, 1930's and 1940's

1 c. butter

2 c. brown sugar

2 c. sour milk with 2 tsp. soda, dissolved

2 eggs, beaten

1 c. raisins (in hot water),

drained

Sift together:

1 tsp. cloves 2 tsp. nutmeg 2 tsp. cinnamon 3 c. flour

Bake in 375° oven (using a greased and floured 9 x 13-inch pan) until done, about 30-35 minutes.

CHOCOLATE CAKE

(No Eggs, No Shortening)

1/2 c. cocoa 2 c. flour 1/4 tsp. salt 11/2 tsp. baking soda 1 c. sugar 1 c. cold water 3/4 c. mayonnaise 1 tsp. vanilla

Sift together cocoa, flour, salt and baking soda. Then mix sugar, cold water, mayonnaise and vanilla. Blend mayonnaise mixture with dry ingredients and turn into 2 greased and floured 8-inch cake pans or muffin tins (greased or lined with paper liners). Bake at 350° for 20-30 minutes, until cake or cupcake tops spring back to the touch. Cool before frosting with your favorite cocoa, buttercream or German chocolate frosting. Good!

Bette Manke

DEVIL'S FOOD CAKE

Ruth Ledwein Lake Crystal, MN

2 eggs
2 c. sugar
1 c. shortening
1/2 c. cocoa
1 c. hot water

2½ c. flour 2 tsp. soda 1 c. sour milk 1 tsp. vanilla ½ tsp. salt

Sift flour, cocoa, soda and salt 4 times. Cream shortening; add sugar, eggs and sour milk. Fold in dry mixture and lastly, add the hot water. (This recipe makes a large moist cake and a good keeper. Delicious!)

Bette Manke

1 c. butter, softened

2 c. sugar 2 eggs

1 c. cold mashed potatoes 1 tsp. vanilla extract

IDAHO POTATO CAKE

2 c. all-purpose flour 1/4 c. baking cocoa 1 tsp. baking soda 1 c. milk

1 c. chopped nuts

In a mixing bowl cream butter and sugar until fluffy. Add eggs, 1 at a time, beating well after each addition. Blend in potatoes and vanilla. Combine flour, cocoa and baking soda; add alternately with milk, blending well after each addition. Stir in nuts. Pour into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 40-45 minutes or until cake tests done. Cool on a wire rack. Yields 12-16 servings.

WHIPPED CREAM CAKE

June Miner

1 c. heavy cream 2 eggs, separated 1 c. white sugar 1 tsp. vanilla 13/4 c. cake flour 21/2 tsp. baking powder 1/4 tsp. salt

Whip cream until light and thick; add egg yolks and continue beating, gradually adding sugar and vanilla. Then add sifted flour and baking powder and salt, alternately with the stiffly-beaten egg whites. Turn into well-greased loaf or layer pans and bake 1 hour in moderate oven (about 350°). No pan size or oven thermometers in the "Good Old Days"!!

WHIPPED CREAM CAKE

Mrs. Stanley Jones Piano Teacher

1 c. cream, whipped 1½ c. sugar

1/2 c. water 21/2 c. cake flour 3 tsp. baking powder 1 tsp. salt 1 tsp. vanilla

3 stiffly-beaten egg whites

Mix beaten egg whites and cream. Mix in sifted dry ingredients alternately with water.

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SOUR CREAM CHOCOLATE

CAKE (1958)

Burton C. Peterson Daughter, Pam Herbo (Welsh Heritage

Farms)

CAKES, COOKIES & CANDY

3 beaten egg yolks 1 c. thick sour cream (liquid)

11/2 c. sugar

1/4 c. hot water 2 (1-oz.) sq. unsweetened melted chocolate

1 tsp. vanilla 13/4 c. cake flour 1/2 tsp. salt

3 stiffly-beaten egg whites

1 tsp. soda

Beat egg yolks with cream. Gradually add sugar and beat until thick. Melt chocolate in hot water over low heat. Cool; add to first mixture with vanilla extract. Add sifted dry ingredients. Fold in egg whites. Bake in 9 x 13-inch pan at 350° for 45-50 minutes or round layer pans a shorter time.

GRANDMA'S CHOCOLATE CHIP COOKIES

Marguerite Gilman Kathleen Wanke

3/4 c. brown sugar 3/4 c. white sugar 1 c. shortening 2 eggs

1 tsp. salt

Bake at 375° for 10 minutes.

1 pkg. chocolate chips

2½ c. flour

Dissolve together 2 T. boiling water and 1 tsp. soda

1 tsp. vanilla

ROCKS

Elsie Williams

11/2 c. brown sugar 1 c. English walnuts 1/2 tsp. salt 2 c. flour

1 c. white raisins

1 c. butter 1 tsp. cinnamon 3 well-beaten eggs 2 c. flour

1 tsp. soda

Drop by spoonfuls on greased baking sheet.

POPCORN BALLS

The Late Ruth Carlson Marcella Carlson Smith's Mom

Pop enough popcorn so you have 8 quarts of popped corn. Keep in warm oven. Boil together 1 cup brown sugar, 1/2 cup dark Karo syrup and 1 tablespoon vinegar. Boil until it spins a hair. Add 1 tablespoon butter and 1/2 teaspoon vanilla. Mix well; pour over popped corn; mix well. Dip hands in cold water when forming into balls. Makes about 12.

PLUM PUDDING

The Late Jennie Jones (1892-1987)

Cream together:

1/2 c. butter

1/2 c. sugar

Add:

1/2 c. molasses 1 c. sweet milk

1 tsp. soda in a little water

1/2 tsp. cloves 1 tsp. cinnamon 2 tsp. vanilla

1/2 tsp. salt 1 c. chopped nuts

²/₃ c. raisins 2 c. flour

Pour into jelly glasses 1/3 full and steam 3/4 of an hour. Serve with whipped cream or a clear sauce.

Clear Sauce:

2 T. flour

1 c. water

1/4 c. sugar

Heat and stir until thickened and add 1 teaspoon vanilla.

WELSH TEA CAKES

Gladys Lewis Krueger

1 c. sugar 3 c. flour

3/4 tsp. salt 1/2 tsp. soda 1 c. shortening (oleo or butter)1 c. currants

2 eggs 6 T. milk

11/2 tsp. baking powder

Cinnamon (opt.)

Mix dry ingredients together; cream sugar and oleo. Add currants after batter has been mixed. The dough will be a little sticky. Use flour and board; roll out about ½ inch thick. Cut with cookie cutter. Set electric fry pan at 300°. Grease pan slightly; watch when they brown and turn them over. **Comment:** Cooling dough overnight helps.

LEMON BARS

Beulah Lee Sally Hawker

1 pkg. yellow cake mix

1 can lemon pie mix

4 eggs, beaten

Mix cake mix and pie mix. Bake in a 10 x 15-inch cookie sheet (with sides) for 25-30 minutes at 350°.

Frost with cream cheese frosting:

1 (6-oz.) pkg. cream cheese

3/4 stick butter

1 T. cream

4 c. powdered sugar

Melt butter; add cream cheese, cream, vanilla and powdered sugar. Beat until creamy. Frost bars. (These bars freeze well.)

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PEANUT BUTTER GOODIE

Carlienne Frisch



1 c. peanut butter (preferable natural, nothing but salt added)

1 c. dry powdered milk 1 tsp. vanilla or maple flavoring

Raisins (opt.) 1/2 c. honey **Nuts**

Mix together all ingredients thoroughly. Roll into small balls (less than 1 inch in diameter). Roll each ball in crushed nuts, coconut or whatever you wish. Place on waxed paper on a cookie sheet and place in freezer or refrigerator, depending on the consistency you desire. Eat whenever you wish. (In our family, with 4 growing children, the snack seldom made it to the rolled ball stage. The children usually ate it directly from the mixing bowl.)

MOLASSES SUGAR COOKIES

The Late Ruth Carlson

Melt 3/4 cup shortening in pan. Cool.

Add:

1 c. sugar 1/4 c. molasses 1/2 tsp. salt 1 egg 2 tsp. soda

2 c. flour 1/2 tsp. cloves

1/2 tsp. ginger 1 tsp. cinnamon

Mix sugar, molasses and eggs to cooled shortening. Add dry ingredients. Mix well. Chill. Form into 1-inch balls; dip in sugar. Bake in 350° oven. Remove from sheet and cool.

COLA BARS

Mrs. Arlyn (Dot) Hughes

1 c. Coca-Cola or Pepsi with fizz 1 c. vegetable oil out

3 T. unsweetened cocoa

1 stick margarine 2 c. sifted flour

1 tsp. soda 11/2 c. mini marshmallows

2 c. sugar

2 beaten eggs

1/2 c. sour milk or buttermilk or sweet milk with a bit of vinegar

Heat oven to 350°. Grease 10 x 15-inch jellyroll pan or 1 (9 x 13-inch) oblong plus 1 (8-inch) square pan. Using saucepan large enough to hold batter; melt together the Coca-Cola or Pepsi, oil, cocoa and margarine. Bring to boil. Remove from heat. Combine flour and sugar; add to hot Coca-Cola mixture. Combine eggs, milk and soda; add to mixture in pan. Add miniature marshmallows and stir to evenly distribute. Pour into greased pan. Bake 30-40 minutes (until toothpick comes clean).

(continued)

Cola Frosting (combine):

1/2 stick margarine 6 T. Coca-Cola 3 T. unsweetened cocoa 2 tsp. vanilla

Bring to boil. Remove from heat and add 1 pound sifted powdered sugar. Beat until smooth. Spread on bars while still warm. (Married in 1954 and still here at Route 1, Lake Crystal.)

COCONUT POUND CAKE

Edna Jo Yoeman

2 c. flour 1 c. oil 1 c. buttermilk 1½ c. sugar

1 can coconut or 4 oz. 1 tsp. coconut flavoring

4 eggs

Glaze:

1 c. sugar 1½ tsp. coconut flavoring

Cream oil and sugar together. Add 1 egg at a time; beat after each. Alternate flour and milk into mixture, beating well after each. Stir in coconut and flavoring. Bake in tube pan for 1 hour at 350°. **To make glaze**: Put all ingredients in saucepan. Boil 1 minute. Pour over warm cake. Punch some small holes in cake and pour glaze over. Return to hot oven for 5 minutes. Cool in pan until top can be touched. Turn out onto Saran Wrap and back upright onto plate. Take off wrap carefully. Keep covered.

3 eggs

GERMAN APPLE BARS

Ruth Williams Williams Garage

1 c. oil

2 c. white sugar

Mix together.

Add:

2 tsp. cinnamon 1 tsp. vanilla ½ tsp. salt 1 tsp. soda

21/2 c. flour

Add:

1 c. chopped nuts

3 c. finely-chopped apples

Grease and flour large jellyroll pan. Bake at 350° for 25-30 minutes. Frost with 4 ounces cream cheese, 2 tablespoons melted butter, vanilla and 2 cups powdered sugar. Frost while warm.

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PEANUT BUTTER COOKIES

CAKES, COOKIES & CANDY

21/2 c. flour 1 tsp. soda

1 c. white sugar

2 eggs

1 c. peanut butter

2 T. water

1 c. shortening, soft (part butter) 1 tsp. vanilla 1 c. brown sugar

Mix all together except flour. Add flour and mix well. Drop by teaspoon and press with fork. Bake at 325° in oven for 10-15 minutes.

KRINGLA

1 tsp. salt

The Late Alice Kelley (1896-1989)

11/4 c. sugar 1/2 c. butter

1 tsp. baking powder 1 tsp. soda

1 egg 1 c. buttermilk

1/4 tsp. salt

31/2 c. flour 1 tsp. vanilla Chill dough in refrigerator at least 2 hours or overnight. Do not put in more flour, just enough to roll out in pencil-like strips. Form into figure

CARROT CAKE

8's. Bake like cookies.

Margaret Carleton Hultstrand

4 eggs, beaten until thick 2 c. sugar 11/3 c. Wesson oil 3 c. grated carrots

2 tsp. soda 3/4 tsp. salt 1 tsp. cinnamon 2 c. flour

Bake 40-50 minutes at 350°.

Cream Cheese Frosting:

1 c. powdered sugar 1/2 tsp. vanilla 2 T. butter

1/2 c. crushed pecans 1 sm. pkg. cream cheese

SWEDISH SANDBAKELSER

Elaine Lee Rural Lake Crystal

1/4 c. butter 1 sm. egg 1/2 c. flour

1/2 c. sugar 1/2 tsp. almond extract

Cream butter and sugar well. Add egg and extract. Knead in flour to make a stiff dough. Fill cookie molds 1/16 inch thick. Bake at 375° for 10-15 minutes, until golden brown. Tip tins upside down as soon as they are removed from oven. While hot, pinch tin slightly so tart will fall out. Makes about 24.

NORWEGIAN WHITE SUGAR COOKIES

Grandma (Ida) Larson Claudia Larson

3/4 c. shortening (part butter)

2 eggs 1 tsp. soda ½ tsp. salt

1 tsp. lemon flavor

1 c. sugar

2 c. flour (and more) 1 tsp. cream of tartar

1 tsp. vanilla

Cream the shortening and butter with sugar, eggs, vanilla and lemon flavoring. Mix in dry ingredients. Cool dough for a few hours. Divide dough; roll out on floured surface and cut shapes with cookie cutters. Sprinkle with sugar. Place on a greased cookie sheet. Bake 8-10 minutes at 350° until lightly browned. Makes about 4 dozen (2-inch) cookies.

CARAMEL CHOCOLATE BARS

Donna Roberts Winship Class of 60 COOKIES & CANDY

1 box chocolate cake mix 2 eggs

3/4 c. water 1/4 lb. butter

Bake ½ of this in jellyroll pan for 6 minutes at 350°. Spread 1 (6-ounce) package chocolate chips and ½ cup chopped walnuts over this. Then add melted (in microwave) 1 package caramels and ⅓ cup evaporated milk. Spread rest of chocolate mix on top of this and bake for 20 more minutes at 350°.

CHOCOLATE CHIP COOKIES

Merle Meixell

1 c. butter or oleo

1 c. butter or olec

1/2 c. brown sugar

2 tsp. vanilla

1 (12-oz.) pkg. chocolate chips

2 eggs

21/4-21/2 c. flour

1 tsp. baking powder

1 tsp. salt 1 c. nuts

Mix and drop on baking sheet. Bake at 375° for 8-10 minutes.

PECAN DREAMS

Mother, Mary Grubisic Claudia Larson

1/3 c. butter

1 c. flour

1 (3-oz.) pkg. cream cheese

1 T. sugar

Mix all ingredients with fork or pastry blender. Chill for 2 hours. Makes about 24 miniature shells.

(continued)

Filling:

ZAKES, COOKIES & CANDY

1 egg, beaten 1 tsp. vanilla 3/4 c. brown sugar 1 T. melted butter

Beat until foamy and fill shells 1/2 full. Sprinkle with chopped pecans. Bake at 350° for 15 minutes, then at 250° for 10 minutes.

KRUM KAKER

Mrs. Gilbert Oppen (Althea)

1/2 c. melted butter 1 c. sugar

3 eggs, well beaten 1 c. sweet cream

2 c. Mother Hubbard flour

Drop by spoons onto Krum Kaker iron. When done, roll up into cone while yet warm. (Mrs. Oppen's husband was Pastor of Zion Lutheran Church for 25 years.)

TEA TIME TARTS

Leighton Croswell

1 (3-oz.) pkg. Philadelphia cream 1/2 c. butter cheese 1 c. flour

Mix together and shape in \boldsymbol{small} muffin cups. Put some chopped pecans into cups.

Fill 3/4 full with the following mixture:

1 egg 3/4 c. brown sugar 1 tsp. soft butter 1 T. corn syrup 1 tsp. vanilla Dash of salt

SUGAR COOKIES

Mary Jaspers

1 c. shortening 1 egg

1 c. sugar ½ tsp. cream of tartar

2 c. flour 1 tsp. vanilla

Mix ingredients. Roll and cut out. Bake at 350° for 8-10 minutes.

MOCHA BROWNIES

Mrs. Leonard Pierson

 $\frac{1}{2}$ c. hot water 1 egg

1 T. instant coffee 21.5-oz. pkg. Pillsbury fudge

1/4 c. vegetable oil brownie mix

Frosting:

1/4 tsp. instant coffee 1/2 c. powdered sugar

2 tsp. hot water

Heat oven to 350. Grease bottom of 13 x 9-inch pan. Dissolve instant coffee in hot water. In large bowl mix all brownie ingredients. Stir about

(continued)

50 strokes or just until mix is moistened. Spread in prepared pan. Bake at 350° for 28-31 minutes. Cool. In small bowl dissolve instant coffee in hot water; stir in powdered sugar and additional water if necessary for drizzling consistency. Drizzle over cooled brownies. Makes 24 brownies.

KING'S FAVORITE BARS

Elaine Lee

COOKIES

Crust:

1/2 c. brown sugar

1 c. flour

1/2 c. butter

Blend all ingredients mixing well. Pat dough into an ungreased 9 \times 13-inch pan. Bake at 350 $^{\circ}$ for 10 minutes.

Filling:

1 c. brown sugar 1½ tsp. vanilla 1/2 tsp. salt 2 eggs

2 T. flour

1 pkg. chocolate chips

1 tsp. baking powder

Combine brown sugar, vanilla and dry ingredients; beat in eggs. Pour over crust; sprinkle with chocolate chips. Bake for 20 minutes at 350°.

TURTLE BARS

Joni Miller Roberts Class of 64

1 c. oatmeal

3/4 c. brown sugar 1 tsp. soda

1 c. flour

1/4 tsp. salt

3/4 c. butter

52 Kraft caramels (light)

10 Hershey bars with almonds

5 or 6 T. milk

Put milk in pan; melt caramels over low heat and keep stirring. Melt butter in another pan and mix thoroughly with all dry ingredients. Press this mixture (saving $^{1}/_{4}$ of mixture) in bottom of greased baking pan. Pour melted caramels on top of oatmeal mixture, then layer chocolate bars on top of caramel mixture. Sprinkle remaining oatmeal mixture on top. Bake at 350° until it gets brown, about 15-20 minutes.

FUDGEY BROWNIES

Joni Miller Roberts

3 eggs, slightly beaten 4 sq. (4 oz.) chocolate 1/2 tsp. salt 2 tsp. vanilla

1/2 lb. butter

2 tsp. baking powder

2 c. sugar

1 c. flour

Melt butter and chocolate in saucepan. In large bowl mix other ingredients. Add butter mixture and blend well. Place in greased 12 x 9 x 3-inch pan; bake 20 minutes at 325° .

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AUNT SARAH'S COOKIES

Gladys Lewis Krueger

1 c. brown sugar 1 c. shortening 2 eggs, beaten 2 c. oatmeal

11/2 c. flour

Vanilla
1 c. cooked raisins (cool)
5 T. water from raisins
1 ten soda

1 tsp. soda 1/4 tsp. salt

Mix, then drop on greased cookie sheet. Bake 12-15 minutes.

CAMEL BACK BARS

Donna Roberts Winship Class of 1960

Crust:

CAKES, COOKIES & CANDY

1/2 c. sugar 1/2 c. butter 5 T. cocoa 1 egg 2 c. graham cracker crumbs (about 24)
1 c. shredded coconut
1/2 c. chopped nuts

1 tsp. vanilla

Cook sugar, butter, cocoa, eggs and vanilla in double boiler until thickened. Stir in cracker crumbs, coconut and nuts. Press into 9 \times 13-inch pan.

Filling:

4 T. milk 2 c. powdered sugar 3 T. instant vanilla pudding 1/4 c. soft butter

Spread filling over crust and refrigerate until firm.

Topping:

2 oz. (½ bar) German sweet chocolate

1 T. butter

Melt chocolate and butter; spread over filling. Chill until set.

SPECIAL K BARS

Jamine Deal

1 c. sugar

1 c. white corn syrup

Bring to a boil while stirring constantly; remove from heat. Add 1 cup peanut butter and stir until smooth. Mix in 5 cups Special K cereal and press into a 9 x 13-inch pan. Melt 6 ounces semi-sweet chocolate chips and 6 ounces butterscotch chips. Spread over top of bars; let set.

POPCORN BALLS

Mrs. George Jarman Mrs. Tom Walters

Pop ½ cup popcorn in ¼ cup Mazola oil. Mix ½ cup sugar, ½ cup white corn syrup and ½ teaspoon salt. Mix over low heat until melted. Pour over popped corn in large pan which is over low heat, then make into balls. (Mrs. Jarman will be remembered for her many years as a Sunday School Teacher in the Presbyterian Church and her husband was a depot agent in Lake Crystal.)

BUTTERMILK BROWNIES

Mrs. Tom Walters

Combine in saucepan and bring to a boil:

1 stick margarine or butter

1/4 c. cocoa

1/2 c. vegetable oil

Pour over 2 cups flour, 2 cups sugar and 1 teaspoon salt. Add 1/2 cup buttermilk, 2 eggs beaten, 1 teaspoon soda and 1 teaspoon vanilla. Mix and pour into 2 greased 9 x 13-inch pans at 400° for 15-20 minutes or until done.

Frosting (combine in saucepan):

1 stick margarine 1/3 c. buttermilk

1 c. water

1/4 c. cocoa

Bring to a boil. Add 1 pound powdered sugar and 1 teaspoon vanilla. Mix all together and spread over warm brownies.

GINGER COOKIES

Merle Meixell

3/4 c. shortening (melted) 1 c. sugar 2 c. flour ½ tsp. cloves ½ tsp. ginger

1/4 c. molasses 1 egg

1 tsp. cinnamon

2 tsp. soda ½ tsp. salt

Bake at 375° for 8-10 minutes (drop cookies).

ALMOND COOKIES

Elsie Williams

Sift together:

2 c. flour (sifted twice)

2 tsp. baking powder

1 c. sugar

1 tsp. nutmeg

1 tsp. cinnamon

Work into dry ingredients 1 cup butter. Add 1 cup almonds, blanched and ground fine and 2 unbeaten egg whites. Work into pliable mass. Roll 1/6 inch thick and cut with small cutter. Bake slowly until light brown.

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SAMES,

FUDGE BROWNIES

strips and roll in powdered sugar.

Elsie Williams

CAKES, COOKIES & CANDY

1 c. sugar 1/4 c. milk 2/3 c. flour

2 sq. chocolate 1 tsp. vanilla

1/4 c. butter

2 well-beaten eggs

1/8 tsp. salt

1/2 c. chopped nuts

TOFFEE BARS

Kathi Greenough

1/2 c. butter 1/2 c. shortening 1 c. brown sugar 1 beaten egg yolk

1 tsp. vanilla 1/2 tsp. salt 2 c. flour

1/2 lb. Hershey bar

Mix together the butter, shortening and brown sugar as for pie crust. Add and mix egg yolk, vanilla and salt. Then add flour. Mix and pat onto large cookie sheet evenly. Bake 15 minutes at 350°. Turn oven off. Remove from oven and place sections of Hershey bar on bars so they will cover surface when melted. Put pan in oven a minute and chocolate will melt so it can be easily spread. Sprinkle with chopped nuts and cut in bars while warm.

Spread 1/4 inch thick. Bake in moderate oven about 15 minutes. Cut in

GINGER CREAMS

Vera Wigley

1 c. sugar 1 c. lard

2 eggs

1 c. sour milk with 1 lg. T. soda Enough flour to make soft dough

Salt

1 c. molasses

1 scant T. cinnamon

1 scant tsp. ginger

Roll out and cut with cutter. These are very good frosted with thin powdered sugar frosting.

GRANDMA'S GINGER COOKIES

Barb Smith

(Swedish)

11/2 c. shortening (1/2 butter) 1 c. brown sugar

1/2 c. Karo syrup

2 T. hot black coffee 1/2 tsp. salt

1 tsp. ginger 1 c. white sugar in coffee

1 egg

1/2 c. cream

1 tsp. cinnamon 1 tsp. cloves

2 rounded tsp. soda, dissolved

Mix in order given, pouring the Karo and cream in slowly, while beating. Add enough flour to make a soft dough (no more than 6 cups). Roll out thin and cut with cookie cutter. Bake in moderate 350° oven for 5-8 minutes. May sprinkle sugar on top of unbaked cookies. Before baking, chill dough 1 hour or overnight (makes it easier to handle). Bake on ungreased cookie sheets.

PRAYER BARS

Bette Manke

First layer:

2 c. crushed graham crackers 1/4 lb. butter

1 egg

1/2 c. coconut

Second layer: 2 c. sifted powdered sugar

2 tsp. dry vanilla pudding mix

1 tsp. vanilla

4 T. cocoa 2 tsp. vanilla

1/2 c. powdered sugar 1/2 c. chopped nuts

1/4 c. butter 2 T. cream

1 giant size milk chocolate bar

For the first layer melt butter and cocoa over water. Add vanilla and beaten egg. Mix well; add other ingredients. Press into a 9 x 13-inch pan. Put in refrigerator and let set while making second layer. Cook together butter, vanilla, cream and pudding mix for 1 minute. Stir and add powdered sugar and spread over bottom layer. Melt the chocolate bar over hot water and spread on top. When this is set, cut in squares.

DOUGHNUTS

Mrs. John Wigley Davies (1908) Granddaughter, Mrs. Larry (Pam) Harbo

2 eggs, well beaten 1/2 tsp. salt 11/2 c. sour milk 3 T. melted butter

11/2 c. sugar Nutmeg 1 tsp. soda Flour to roll (3½ c.)

Cream shortening and sugar. Add eggs; beat well. Add milk, then flour sifted with salt, baking powder and spices. Roll on lightly-floured surface to 3/8-inch thickness. Cut with floured doughnut cutter. Let stand 15 minutes. Fry in deep hot fat (375°) until brown. Turn once. Drain on absorbent paper. Then roll in bowl of sugar. Makes about 3 dozen.

GRAHAM COOKIES BARS (Very Rich)

Put layer of graham cookies in bottom of 9 x 13-inch pan. Break some to fill into edges or space. Cook together: 1 cup brown sugar, 1 cup evaporated milk, 1 cup graham crackers, crushed and 4 tablespoon sugar or margarine. Boil until very thick, approximately 10 minutes. Cool slightly. Spread over the layer of graham crackers. Add another layer of crackers on top of filling. Put in refrigerator to set. Frost with a powdered sugar frosting. When frosting has hardened, cut into bars or squares. Very rich so cut into small pieces. If using jellyroll pan, double the recipe.

PEANUT BUTTER COOKIES

Sandra Thompson In Memory of Her Mother, Theresa Lange

2 c. Spry 2 c. brown sugar 4 eggs 1 tsp. salt

2 c. peanut butter 2 c. white sugar 4 c. flour

2 tsp. baking soda

Mix all ingredients together. Stir until well mixed. Drop on cookie sheets. Flatten with fork and sprinkle top lightly with sugar. Bake at 325° for 15-20 minutes. (Sandra's mother was known to many as "Granny." She worked part-time as a waitress at the White Swan Cafe and local liquor store until the granddaughters graduated from Lake Crystal High School. "Granny" then moved to Madelia. I can remember my mom baking these cookies, starting early in the morning and it never failed that just as she was taking them out of the oven, the Watkins Man would come. So he had cookies and coffee while mom looked at his wares. My parents moved to Lake Crystal after their marriage in 1930. My father, Curt Lange, was co-owner of Ballard and Lange Garage until he sold his partnership and moved to Mankato. My parents raised 6 girls, Rosemary, Joeann, Bonnie, Elfredia, Sandra and Curlene. All of us attended and graduated from Lake Crystal. Joeann, Elfredia and Sandra still live in Lake Crystal. Nine of my parent'a grandchildren graduated from Lake Crystal High, four who still reside here as do 2 great-grandchildren.)

LEMON PIE

Mary Kelly

11/2 c. sugar 1/3 c. cornstarch 3 egg volks, slightly beaten 11/2 c. hot water 3 T. butter 1/2 c. lemon juice

Stir together the sugar and cornstarch in saucepan. Blend yolks and hot water; gradually stir into sugar mixture. Cook over medium heat, stirring constantly until thick. Remove from heat; stir in butter and lemon iuice. Put in baked pie shell and cool. Beat 3 egg whites and 1/4 teaspoon cream of tartar until stiff and put on pie filling. Brown in oven.

ORANGE COCONUT BARS

The Late Gladys Larson

1/2 c. margarine 1 c. sifted flour 11/2 c. brown sugar

2 T. flour

1/4 tsp. baking powder

1/2 tsp. salt 2 eggs, slightly beaten

1 tsp. vanilla

1 c. chopped nuts 1/2 c. coconut

Blend margarine and 1 cup flour. Press firmly into 9-inch square pan. Bake at 350° for 15 minutes. Blend rest of ingredients. Spread evenly over baked layer. Frost with orange frosting.

APPLESAUCE BARS

Mrs. Minnie (Ed) Manke

Mix together in 1 bowl:

1/2 c. butter 1 c. sugar 1 egg 11/2 c. applesauce (thick)

21/4-21/2 c. flour 2 tsp. soda

1 scant tsp. salt 1 tsp. cinnamon 1/4 tsp. cloves 1/4 tsp. nutmeg 1 c. dates or raisins

1/2 c. nuts

Spread on large greased cookie sheet and bake at 350° for 20-25 minutes. Frost with powdered sugar frosting while hot.

TRUE MOUND BARS

Sandra Lange Thompson

1/2 c. butter 3 heaping T. cocoa 3 eggs

11/4 c. sugar 1 c. flour

Mix all ingredients together; pour into 9 x 13-inch greased cake pan at 325° for 20 minutes. When baked, spread the following on top being careful not to tear up bottom layer.

Topping:

2 c. coconut

1 can condensed milk

Put under broiler until light brown on top or bake at 325° for 10 minutes more.

LEMON SOUFFLE

The Late Maud Friend Billie M. C. Johnston

1 c. sugar 4 T. flour

Juice and rind from 1 lemon 2 egg yolks, beaten

1/4 T. salt

1 c. milk

Beat whites and fold in. Set in pan of water and bake at 350° for 45 minutes.

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& CANDY

IRENE'S COOKIES

1 c. brown sugar 1 c. white sugar

2 c. flour

1 tsp. soda in water

Billie MacPherson Carleton-Johnston

2 c. oatmeal 2 c. cornflakes 1 tsp. vanilla

2 eggs

ENGLISH CUT-OUT COOKIES

1/2 c. shortening 11/2 c. sugar 2 eggs

CAKES, COOKIES & CANDY

1/3 c. sour cream

11/2 tsp. baking soda

Audrey Whittemore Johnson

1 tsp. salt 1 tsp. vanilla

About 31/2 c. flour (enough to

roll 1/4-in. thick)

(Note: May use milk and sour it with 1/4 teaspoon lemon juice or vinegar.) Cut out with cookie cutters. Bake at 350° for 10-12 minutes on greased baking sheet. May frost and decorate, if desired. (Audrey Whittemore Johnson, the wife of Milton J. Johnson (owner and operator of Blacksmith shop in Lake Crystal 1931-71), came to Lake Crystal in 1931, moved to Pequot Lakes in 1971 and back to Lake Crystal in 1987. He died in 1994.)

BROWNIES

Helen Kroubetz

Juli McDougall

Beat until creamy:

4 eggs 2 c. sugar ½ c. milk 1/2 tsp. vanilla 1/2 tsp. salt

Melt 1 cup oleo and 3 squares of chocolate together; add to rest. Add $1^{1/2}$ cups flour. Mix all together with mixer until creamy. Add 1 or $1^{1/2}$ cups nutmeats. Bake at 350°. Try or test when they start to leave the sides of pan. (I use a jellyroll pan.)

Frosting:

2-3 c. powdered sugar

2 T. (lg.) cocoa

2 T. oleo

Hot water to spread nicely

SWEDISH SUGAR COOKIES

2 c. flour

1 c. shortening (1/2 butter)

1/2 tsp. cream of tartar

1 egg 1/2 tsp. butter flavor 1/2 tsp. soda 1/2 tsp. salt

½ tsp. vanilla

1 c. sugar

Make balls the size of walnut. Press down with fork dipped in water. Bake at 375° for 10 minutes.

DREAM BARS

Juli McDougall

11/2 c. flour 3 T. sugar

3/4 c. butter

Mix; pat in cake pan. Bake 12 minutes at 350°.

3 beaten eggs 1 c. coconut

1/2 tsp. vanilla 3 T. flour

21/4 c. brown sugar

Mix and spread over cake. Bake 20 minutes more.

MOLASSES CHEW-CHEWS

Juli McDougall

1/3 c. shortening 1 c. sugar 1 c. sorghum

13/4 c. flour 1/4 tsp. soda 1/2 tsp. salt

1/2 c. unbeaten egg whites (about 4)

11/2 c. shredded coconut

Bake in waxed-paper lined cookie sheet at 350° for 30-35 minutes.

WELSH TEA CAKES

Rosella Jones

3 c. flour 1 c. sugar 11/2 tsp. baking powder 3/4 tsp. soda 1 c. shortening 1 c. currants 2 eggs, beaten 6 T. milk

Combine sugar and shortening. Add beaten eggs, milk and vanilla; mix. Mix flour, soda, salt and baking powder. Add to sugar mixture; mix well. Add currants. Roll out on floured cloth or board 1/4 inch thick. Use cookie cutter. Lightly grease electric pan for first time at 325°. When brown on 1 side, turn over and brown on other side. Makes 6-7 dozen.

BAKED OLD-FASHIONED FRUIT PUDDING BARS

Carlienne Frisch

1 c. honey 2 T. butter 2 tsp. vanilla 2 c. flour 1/2 tsp. salt

2 eggs

2 tsp. soda 6 c. fruit pulp (whatever you

1 c. milk or fruit juice

have)

1 tsp. cinnamon

Combine dry ingredients. Add all others, fruit pulp last. Stir well. Bake in greased sheet cake pan for 1 hour at 350°. Serve plain or with ice cream or whipped cream. (This is a recipe we discovered in the 1970's.

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It provides a good way to use up fruit that is ripe, especially if you have larger quantities of fruit. Try mixing fruit, such as 1/2 mashed bananas and 1/2 rhubarb (cooked or chopped raw) and sweet fruit. Batter usually is runny. If it is too thick, add more eggs or milk or juice.) Serve plain or with ice cream or whipped cream.

LEMON BUTTER COOKIES

Barb Smith

1 c. butter 3/4 c. cornstarch 51/2 T. powdered sugar 1 c. flour

Roll in balls and flatten with fork. Bake in moderate oven of 350° for about 15 minutes on ungreased baking sheet.

Frosting:

1 c. powdered sugar 1 tsp. butter

Juice of 1 lemon

BACHELOR COOKIES

Juli McDougall

Mix together:

2 c. flour 1 tsp. soda 1/2 tsp. baking powder 1/2 tsp. salt

1 c. brown sugar 1 c. white sugar 11/4 c. shortening 2 eggs, beaten

Add:

2 c. oatmeal 2 c. Rice Krispies 1 c. coconut, flour, dry ingredients and nuts

Make balls and pat out. Bake at 350°.

SOUTHERN TURNIP CASSEROLE

6 c. mashed cooked turnips (about 3 lbs.)

8-oz. pkg. cream cheese

Billie MacPherson Carleton-Johnston

1/4 c. sugar 1 stick oleo (for buttered bread

crumb topping)

Preheat oven to 350°. Peel and boil turnips. Mix all ingredients well; pour into casserole. Top with buttered crumbs. Bake until lightly brown.

SOUTHERN CORN PUDDING

2 c. creamed corn, canned 2 eggs, slightly beaten 1/8 tsp. black pepper

Billie MacPherson Carleton-Johnston

2 c. hot milk 1/2 tsp. salt

2 T. butter, melted

Preheat the oven to 350°. Butter a 1½-quart casserole. Mix all ingredients together in a bowl. Pour into a casserole and place casserole in a pan of hot water. Bake until firm, about 45 minutes.

SWEDISH SANDBAKELSER

Elaine Lee Rural Lake Crystal COOMIES &

1/4 c. butter 1 sm. egg 1/2 c. flour

1/2 c. sugar 1/2 tsp. almond extract

Cream butter and sugar well. Add egg and extract. Knead in flour to make a stiff dough. Fill cookie molds 1/16 inch thick. Bake at 375° for 10-15 minutes, until golden brown. Tip tins upside down as soon as they are removed from oven. While hot, pinch tin slightly so tart will fall out. Makes about 24.

NORWEGIAN WHITE SUGAR COOKIES

Grandma (Ida) Larson Claudia Larson

3/4 c. shortening (part butter)

1 tsp. soda 1/2 tsp. salt

1 tsp. lemon flavor

2 eggs

1 c. sugar

2 c. flour (and more) 1 tsp. cream of tartar

1 tsp. vanilla

Cream the shortening and butter with sugar, eggs, vanilla and lemon flavoring. Mix in dry ingredients. Cool dough for a few hours. Divide dough; roll out on floured surface and cut shapes with cookie cutters. Sprinkle with sugar. Place on a greased cookie sheet. Bake for 8-10 minutes at 350° until lightly browned. Makes about 4 dozen (2-inch) cookies.

DOUGHNUTS

The Late Elizabeth Randall

2 eggs, beaten 1 c. sugar

3 T. melted shortening

1 c. sweet milk 1 tsp. nutmeg

1/4 tsp. salt

2 tsp. baking powder in flour, enough to make dough easy to handle. Roll out and cut with cutter. Fry in hot lard in a heavy kettle.

(Vera Wigley says "My mother used this recipe often for as far back as I can remember. She made huge amounts when we were threshing

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grain and filling silo. It was my "job" to carry sandwiches, cookies, doughnuts, coffee and nectar in a wagon, to the men for lunch, morning and afternoon. They would still come in and eat big meals at noon and at night.")

MOTHER'S DEVIL'S FOOD CAKE

Ida Owens Jones (Mrs. Roger D.) Helen L. Strusz, Anchorage, AK Marion Sayler, Phoenix, AZ

11/2 c. sugar 1/2 c. butter 2 eggs 1 tsp. vanilla 2 c. flour 1 tsp. baking powder

1 tsp. salt 1 tsp. soda

1/2 c. cocoa, enough hot water to make liquid 1 c. real sour cream

Cream sugar and butter; add beaten eggs. Add cocoa and hot water. Put soda in sour cream; mix until it foams. Sift flour, baking powder and salt. Add alternately with sour cream. Put in greased and floured pan and bake 45 minutes at 350°. Check with corn broom straw for doneness. (Our Saturday ritual always was to bake 6-8 loaves of bread and biscuits, a batch of oatmeal and raisin rocks, boil potatoes in their jackets later to be fried for supper and breakfast.)

DEVIL'S CAKE

Jane Wigley

Great-Grandmother to Val Wigley

2 c. brown sugar 1/2 c. butter 1/2 c. sour milk 1/2 c. boiling water 2 eggs Filling:

1/4 cake Biar's chocolate

1 tsp. vanilla 1 tsp. soda 2 c. flour

1 c. brown sugar 1/2 c. milk

Butter the size of 1 egg

Boil a few minutes.

NORWEGIAN KRINGLA

Bob Volness Family

1 c. sugar

1 c. sweet or sour cream

1 c. buttermilk

1 tsp. soda in buttermilk

2 tsp. baking powder, added to flour

1/2 tsp. salt 1 tsp. vanilla 1/2 tsp. nutmeg Flour (enough to roll)

Put all in a bowl and stir in vanilla and nutmeg. Add enough flour to roll easily about 7-8 cups. Chill dough, then roll and shape into figure eights. Bake in oven at 375° for 15-20 minutes. Makes about 50 kningles.

CARROT CAKE

Margaret Carleton Hultstrand

4 eggs, beaten until thick

2 c. sugar 3/4 tsp. salt 11/3 c. Wesson oil

1 tsp. cinnamon 3 c. grated carrots 2 c. flour

Bake for 40-50 minutes at 350°.

Cream Cheese Frosting:

1 c. powdered sugar 1/2 tsp. vanilla

1/2 c. crushed pecans 1 sm. pkg. cream cheese

2 tsp. soda

ALMOND COOKIES

Elsie Williams

Sift together:

2 T. butter

2 c. flour (sifted twice)

1 c. sugar 1 tsp. cinnamon 2 tsp. baking powder 1 tsp. nutmeg

Work into dry ingredients 1 cup butter. Add 1 cup almonds, blanched and ground fine and 2 unbeaten egg whites. Work into pliable mass. Roll 1/8 inch thick and cut with small cutter. Bake slowly until light brown. (Elsie married a farmer, Lester Williams. She owned and operated a Beauty Shop in Lake Crystal for 31 years and is now retired.)

PEANUT BUTTER COOKIES

Eileen Anderson

21/2 c. flour

1 tsp. soda

1 tsp. salt 1 c. soft shortening (1/2 butter)

1 c. brown sugar

1 c. white sugar

2 eggs

1 c. peanut butter

2 T. water

1 tsp. vanilla

Mix all together except flour. Add flour; mix well. Drop by teaspoon and press with a fork. Bake in 325° oven; heat for 10-15 minutes.

GERMAN APPLE BARS

Ruth Williams

1 c. oil

3 eggs

2 c. white sugar

Mix the above 3 ingredients together.

(continued)

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Add:

2 tsp. cinnamon 1 tsp. vanilla 1/2 tsp. salt 1 tsp. soda 2½ c. flour

Add:

CAKES, COOKIES & CANDY

1 c. chopped nuts

3 c. finely-chopped apples

Grease and flour a large jellyroll pan. Bake at 350° for 25-30 minutes.

Frosting:

4 oz. cream cheese 2 T. melted butter 1/4 tsp. vanilla2 c. powdered sugar

Frost when warm. (Ruth and her late husband, Don, started the Williams Garage in 1946 and now she and the oldest son, Ron, are still in business in Lake Crystal.)

FRENCH BARS

Mrs. Alex Hensel

2 c. brown sugar
1 c. shortening (Crisco)
1 c. coffee (liquid perked)
1 tsp. cinnamon
1 tsp. salt
1 tsp. salt
1 c. raisins
2 eggs, beaten
3 c. flour
1 tsp. baking powder

Bake in a shallow pan about 30 minutes at 350°. Cool, then frost with powdered sugar icing. (The following recipe was obtained in 1963 from Mrs. Alex Hensel (school cook at Good Thunder) by request of Margaret Carleton, a student, who thought Mrs. Hensel to be an excellent cook.)

CHOCOLATE CHIP SENSATION

Billie Carleton-Johnston

Pillsbury chocolate chip cookie dough

1 (8-oz.) pkg. cream cheese

pudding Crushed pecans

Half & half (1 pt.)

3.9-oz. box instant chocolate

1/3 c. powdered sugar Crushed pecans

Roll out cookie dough to 13-inch circle on 15-inch baking stone. Use

flour to make it manageable. Bake at 375°. Use long serrated knife to loosen cookie from pan. Cool completely. Cream sugar and cream cheese; spread on cooled cookie. Use wire whip to mix half & half into instant pudding. Set aside for 5 minutes. Spread pudding on top of cookie. Sprinkle with crushed nuts and then chill.

Batter:

4 eggs, well beaten

Add:

1 c. flour 1 tsp. salt 1 c. milk 1/4 c. sugar

Beat well. Pour ½ cup batter onto a lightly-oiled, hot skillet, griddle or crepe pan; roll pan until batter covers bottom surface. Cook until lightly done; flip over and cook second side. These can be served with different fruit fillings, sour cream or our favorite and simplest way—to sprinkle with cinnamon and sugar; roll up and eat. Recipe makes about 8 (10-inch) cakes.

FRESH APPLE CAKE

Leighton Croswell Mary Ann Norman's Father

4 c. sliced apples 2 c. sugar 2 eggs, beaten 3/4 c. cooking oil 1 tsp. vanilla 2 c. flour
1½ tsp. soda
1 tsp. salt
2 tsp. cinnamon
¾ c. chopped nuts

Put apples in large bowl; sprinkle sugar over them. Let stand 1 hour, stirring often to make juice. Add oil and vanilla to eggs; pour over the apples after the hour is up. Add other ingredients; mix well. Bake 40-50 minutes in 350° oven in 9 x 13 x 2-inch pan.

RHUBARB CAKE

Jamine Deal

1 c. brown sugar 1/2 c. shortening 1 tsp. vanilla 1 egg 2 c. flour
1 tsp. soda
Dash of salt
1½ c. rhubarb

1 c. sour milk

Topping:

1/2 c. sugar

1 tsp. cinnamon

Cream sugar and shortening. Add vanilla, egg and milk; mix until smooth. Stir in flour, soda and salt. Mix in rhubarb. Spray 9 x 13-inch pan with cooking spray; pour in batter; smooth. Top with sugar and cinnamon mix. Preheat oven and bake at 375° for 35-40 minutes.

CANDY

DOMIES

AMES,

PRESIDENT EISENHOWER'S **FAVORITE CAKE**

Bette Manke

CAKES, COOKIES & CANDY

1/2 c. butter 1 tsp. baking soda

2 c. sugar 1 rounded tsp. baking powder

3 eggs ²/₃ c. cocoa 1 c. sour milk 1/4 tsp. salt 21/2 c. flour 1 tsp. vanilla

Dissolve cocoa in 1/2 cup of boiling water. Sift flour, soda, baking powder and salt; cream shortening; slowly beat in sugar; add egg yolks and vanilla. Add cocoa and flour mixture alternately with the milk. Fold in stiffly-beaten egg whites. Pour into greased and floured layer cake tins or in a 9 x 13-inch greased and floured pan. Use Seven Minute Frosting.

COUNTRY FUDGE BARS

Deb Anfinson Gravelle

1 c. butter 1/2 c. cocoa 4 eggs 13/4 c. sugar

Beat together and add:

13/4 c. flour 2 tsp. vanilla

Put in a greased and floured 9 x 13-inch cake pan; bake at 350° for 30 minutes. Remove from oven when done and while still hot spread with peanut butter and then frost with frosting.

Never-Fail Frosting:

1 c. sugar 1/4 c. butter 1/4 c. cocoa 1/4 c. milk

Bring to a boil and boil 1 minute. Beat and spread.

PEANUT BUTTER **COOKIES**

Eileen Anderson

21/2 c. flour 1 c. white sugar

1 tsp. soda 2 eggs

1 tsp. salt 1 c. peanut butter

1 c. shortening, soft (part butter) 2 T. water 1 c. brown sugar 1 tsp. vanilla

Mix all together except flour. Add flour; mix well. Drop by teaspoon and press with fork. Bake at 325° in oven for 10-15 minutes.

KRINGLA

The Late Alice Kelly (1896-1989)

11/4 c. sugar 1/2 c. butter

1 egg

1 c. buttermilk 31/2 c. flour

1 tsp. baking powder

1 tsp. soda 1/4 tsp. salt

1 tsp. vanilla

Chill dough in refrigerator at least 2 hours or overnight. Do not put in more flour, just enough to roll out in pencil-like strips. Form into figure 8's. Bake like cookies.

OATMEAL CARAMELITE BARS

Deb Anfinson Gravelle

Crust:

2 c. flour 1 tsp. soda 2 c. quick-rolled oats 11/4 c. butter

11/2 c. brown sugar

Filling:

6-oz. pkg. chocolate chips

12-oz. bag caramel or 1/2 c. chopped nuts (opt.)

butterscotch ice cream topping

Heat oven to 350°; grease 9 x 13-inch pan. In large bowl combine crust ingredients until crumbly. Press 1/2 mixture into pan. Bake this for 10 minutes, then sprinkle with chips and nuts. Mix 12 ounces topping with 4 tablespoons flour and drizzle over chips and nuts then put other half of crumb mix on top and bake 18-20 minutes. Do not overbake.

4 T. flour

NO-BAKE COOKIES

Launa Hughes Daughter of Kent and Judi Thiesse

2 c. sugar 1/2 c. peanut butter 1/2 c. milk 3 c. oatmeal 6 T. cocoa 1/2 tsp. vanilla 1/4 c. butter

Boil sugar, cocoa and milk with butter for 1 minute. Add other ingredients; mix; drop quickly by teaspoon onto waxed paper. (The Butternut Booster 4-H Club received a blue ribbon for these cookies at the fair.)

AKES, COOKIES

DELICIOUS BROWNIES

Launa Hughes

CAKES, COOKIES & CANDY

2 c. brown sugar 1/4 c. cocoa 1 c. melted butter

11/2 c. sifted flour 1 tsp. salt 4 eggs

1/2 c. chopped walnuts

2 tsp. vanilla

Mix sugar and cocoa together; stir in butter. Add eggs and vanilla; beat well. Sift flour and salt together; stir into cocoa mixture. Fold in walnuts. Bake in 9 x 13-inch pan at 375° for 25 minutes. Cool.

Frosting:

2 T. melted shortening 1 tsp. vanilla 1/4 c. cocoa 3 T. milk

1/4 tsp. salt 13/4 c. powdered sugar

Combine shortening, cocoa, salt and vanilla. Add sugar and milk alternately mixing until smooth and creamy. Spread on baked brownies. (Won a blue ribbon at the fair. Butternut Booster 4-H Club started in 1927.)

ORIGINAL SPICE CAKE

Donna Skinner

My grandmother Lucy's recipe.

1/2 c. cornstarch

3 c. flour 4 tsp. baking powder 1 c. butter

2 c. sifted flour 1 tsp. allspice

1/2 tsp. cloves 1 tsp. vanilla

4 egg yolks, beaten 1/2 c. strong coffee

1 c. milk

Sift together 5 times the cornstarch, flour and baking powder. Cream the butter and gradually add the sugar. Add spices, vanilla, well-beaten egg yolks and coffee. Mix alternately with flour mixture and milk. Fold in the well-beaten egg whites. Pour into 9 x 13-inch pan. Bake at 350° for 1 hour.

KRINGLA

Alice Kelly (1896-1989)

11/4 c. sugar 1/2 c. butter 1 egg 1 c. buttermilk 3½ c. flour

1 tsp. baking powder 1 tsp. soda 1/4 tsp. salt 1 tsp. vanilla

Chill dough in refrigerator at least 2 hours or overnight. Do not put in more flour, just enough to roll out in pencil-like strips. Form into a figure 8 shape. Bake like cookies.

S CANDY

2 c. flour

²/₃ c. butter (or other)

1/2 c. powdered sugar

Mix above ingredients until crumbly and pat into a 9 x 13-inch pan and bake for 15-20 minutes.

Mix the following according to directions:

2 (8-oz.) pkgs. cream cheese 1/2 c. sugar

2 eggs ²/₃ c. unsweetened pineapple

iuice

1/4 c. flour 1/4 c. sugar

1 (20-oz.) can crushed pineapple

(save juice) 1/2 c. whipping cream

Beat cream cheese until fluffy. Beat in sugar and eggs; stir in juice and pour over hot crust. Bake until center is set about 20 minutes. Cool completely. Mix 1/4 cup flour and 1/4 cup sugar in a saucepan. Stir in 1 cup juice. Heat until boiling, stirring constantly; boil 1 minute, then remove from heat; fold in pineapple and cool completely. Beat whipping cream until stiff; fold in pineapple mixture. Carefully spread over dessert. Cover loosely and refrigerate about 4 hours. (Mrs. Kent (Judy) Thiesse is president this year, 1994-1995, of the Lake Crystal Area Chamber of Commerce. They moved to Lake Crystal from Luverne, MN in 1986.

WHITE SUGAR COOKIES

Claudia Larson

3/4 c. shortening (part butter)

1 c. sugar 2 eaas 2 c. flour 1 tsp. soda 1 tsp. cream of tartar

1/2 tsp. salt 1 tsp. vanilla

1 tsp. lemon flavor

Cream shortening and butter with sugar; add eggs, vanilla and lemon flavoring. Mix dry ingredients in and then cool the mixture a few hours. Divide dough and roll out on a floured surface and cut into shapes with cookie cutters. Sprinkle with sugar and place on greased cookie sheet. Bake 8-10 minutes at 350°, until lightly browned. Makes about 4 dozen (2-inch) cookies. (This is Grandma (Ida) Larson's Norwegian recipe.)

DIVINITY

Flossie Graham (Mrs. Joe)

2 c. sugar 1/2 c. Karo syrup 1/2 c. water 2 egg whites

Boil sugar, syrup and water until it forms a hard ball when dropped in water. Beat whites of eggs as stiff as possible. Slightly cool syrup and beat slowly into the eggs, beating until very stiff. Pour in a buttered pan (continued)

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CAKES, COOKIES & CANDY

to cool. (The late Mrs. Graham was the wife of Joe, a blacksmith and small engine repairman in Lake Crystal from about 1900-1945. She brought beautiful garden flowers to the United Methodist Church for many years.)

RHUBARB STRAWBERRY CAKE

Claudian Larson

1/2 c. sugar 2 T. butter 1 egg

6 T. milk

1/2 tsp. salt 11/2 C. flour 1 tsp. baking powder

Mix the above ingredients and spread in an ungreased 10 x 13-inch cake pan. Place 4 cups of finely-cut rhubarb over the batter; sprinkle with 1 (3-ounce) package strawberry Jello. Topping: Combine 1 cup flour, 1 cup sugar and 1/4 cup butter; sprinkle over rhubarb-Jello layer. Bake at 350° for 40-45 minutes. (A spring tradition from my mom, Mary Grubisic.)

PRUNE CAKE (Husband's Favorite)

Carlienne Frisch

1 c. sugar 3 eggs 1 c. chopped prunes 2 tsp. cinnamon 3/4 tsp. soda

1/2 c. shortening

1/4 tsp. cloves 1/4 tsp. allspice 3/4 tsp. baking powder 2 c. flour 1/2 c. prune juice

Filling:

2 T. butter 1 c. sugar 1 egg 1 T. flour

1 T. cornstarch 1 c. prunes 3/4 c. prune juice

Bake at 350° for 25-30 minutes.

LADY BALTIMORE CAKE

Mrs. Charles T. Peterson Edythe Peterson, Daughter

3/4 c. shortening ½ c. milk 2 c. sugar 1/2 c. water 3 c. cake flour 1/2 T. vanilla 3/4 tsp. salt 1/2 T. lemon extract 3 T. baking powder 6 stiffly-beaten egg whites

Thoroughly cream shortening and sugar; add sifted dry ingredients alternately with milk, water and extract; beat smoothly after each. Fold

(continued)

in egg whites. Bake in 2 waxed-paper lined 9-inch square layer cake pans in moderate oven (350°) for 30 minutes. Put layers together with Lady Baltimore Filling and frost with ½ of Seven Minute Frosting later. Filling: Mix ⅓ of the Seven Minute Frosting with ⅙ cup chopped dates, raisins and chopped pecan nutmeats. Spread on bottom layer; place top layer on cake and frost with remaining Seven Minute frosting and sprinkle with nutmeats.

Seven Minute Frosting:

2 egg whites 1 T. vanilla 1/3 c. cold water 11/2 c. sugar 11/2 T. light corn syrup OR 1/4 Dash of salt tsp. cream of tartar

Place all ingredients except vanilla in top of double boiler; mix thoroughly. Cook, beating with electric mixer constantly, until it forms peaks, about 7 minutes. Remove from heat; add vanilla and beat until of spreading consistency. (Mr. and Mrs. Charles T. Peterson came to Lake Crystal in 1908 and resided here until 1938. Mr. Peterson was the Telegrapher at the local depot. Mr. George Lange and family replaced Charles T. Peterson after the Petersons moved to St. Paul depot from 1938-61. Their children were Burton, Harvard and Joyce. Mr. O. H. Warner retired from the depot about the same time. Mr. George Jarmen and family moved to town as Depot Agent and Telegrapher. By Edythe Peterson, wife of the late Burton Peterson.)

OVERNIGHT CAKE

Mary Ann Sandt

Mix:

2 c. sugar Pinch of salt 2 c. cake flour 1 c. boiling water

Let this mixture stand overnight. Next morning add 2 teaspoons baking powder; beat 5 egg whites until foamy; add 1 teaspoon cream of tartar; beat until stiff. Fold into overnight mixture, then add 1 teaspoon vanilla. Bake in ungreased 9 x 13-inch tin at 350° for 35-40 minutes. Do not overbake!

GRAHAM CRACKER TORTE

Mrs. Lucille Collis

26 graham crackers 1 c. sugar 2 tsp. baking powder 2 egg whites 2 T. butter 3/4 c. milk

Crush crackers and mix with baking powder. Cream butter and sugar. Add milk and crumbs. Fold in beaten whites. Bake in 2 layers for 30 minutes in 350° moderate oven.

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Filling:

CAKES, COOKIES & CANDY

1 (10-cent) can pineapple 1 T. flour 1 c. sugar 3 eggs

Cook in double boilers until thick. Cool and add 2 or 3 teaspoons lemon juice. Put between layers.

REAL FUDGE CAKE

Barb Smith

2/3 c. sugar 3 (1-oz.) sq. unsweetened 1/2 c. milk chocolate

1 slightly-beaten egg

In saucepan combine 2 /3 cup sugar, 1 /2 cup milk, beaten egg and chocolate. Cook over medium heat, stirring constantly until chocolate melts and mixture comes just to boiling. Cool to room temperature.

1/2 c. shortening 2 c. sifted cake flour

1 c. sugar1 tsp. soda1 tsp. vanilla½ tsp. salt2 eggs1 c. milk

Stir shortening to soften. Gradually add 1 cup sugar, creaming together until light and fluffy. Add vanilla. Add remaining eggs, 1 at a time, beating well after each. Sift together dry ingredients. Add to creamed mixture alternately with 1 cup milk, beginning and ending with flour and beating after each addition. Blend in chocolate mixture. Bake in 2 paper-lined 9 x 1½-inch round pans in medium 350° oven for 25-30 minutes or until done. Cool 10 minutes before removing from pans. Frost and fill cooled layers with Chocolate Frosting. Trim with curls of shaved, unsweetened chocolate.

Chocolate Frosting:

Melt chocolate and butter in double boiler. Remove from heat. With electric mixer blend in sugar, milk, vanilla and salt. Place bowl in ice water and beat until of spreading consistency. Frost tops and sides.

BURNT SUGAR CAKE

Mrs. I. R. Anderson

 $1\frac{1}{2}$ c. sugar $2\frac{1}{2}$ c. flour $\frac{1}{2}$ c. butter1 c. water

1 tsp. vanilla 2 tsp. baking powder

4 tsp. burnt sugar, thinned with 3 eggs

Bake in 3 layers.

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Frosting:

1 c. sugar 1/2 c. water

2 egg whites

Boil syrup until it threads and pour onto egg whites. Flavor with 1 teaspoon burnt sugar and 1 teaspoon vanilla. (Wife of our former School Superintendent during the 30's and 40's.)

AMERICAN FAVORITE CHOCOLATE CAKE

2 c. sugar 6 T. cocoa 2 tsp. soda

3 c. flour

3/4 C. Oil 2 T. vinegar 2 c. water 2 tsp. vanilla

Mix together first 4 ingredients. Add last 4 ingredients; mix. Bake 35-45 minutes at 350° in 9 x 13-inch pan. Grease only the bottom of pan. (This no egg and no salt cake has been a family favorite for years.)

PUMPKIN CAKE WITH SEAFOAM FROSTING

Evelyn Oldenburg

Lois (Mrs. Don R.) Davis

1 c. sugar

1 c. light brown sugar

2 eggs, beaten lightly

1 tsp. vanilla

1/4 tsp. salt

1/2 c. butter, softened

Beat first 5 ingredients on High speed for 5 minutes.

3 c. sifted cake flour 3 tsp. baking powder

1/2 tsp. cinnamon 1/4 tsp. cloves

1/2 tsp. soda

Mix:

1 c. pumpkin

½ c. milk

Sift dry ingredients together; add to creamed mixture, alternately with pumpkin and milk mixture. Pour into 3 greased and floured 8 x 11/2-inch round pans. Bake at 350° for about 30 minutes.

Frosting:

11/4 c. egg whites

1 T. light corn syrup

11/2 c. light brown sugar

1/3 c. water

Beat all 1 minute to combine well. Cook over rapidly boiling water for 7 minutes, beating constantly, until frosting will stand in peaks. Remove from heat; add 1 teaspoon vanilla. Beat until thick, about 2 minutes. Spread between layers. May add nuts. Frost tops and sides.

AMES, COOKIES & CANDY

DEVIL'S FOOD CHOCOLATE Mrs. Clayton (Laura) Jones CAKE

CAKES, COOKIES & CANDY

2 c. brown sugar 3/4 c. shortening

2 eggs, slightly beaten

Sift together:

2 tsp. soda 2 c. flour

4 T. cocoa 1/4 tsp. salt

1/4 c. sour milk 1 tsp. vanilla

1 c. hot water (add last)

Bake at 350° in a 9 x 13-inch pan until tested done (bounces back when touched). Moist cake. Frost with favorite frosting.

SOUR CREAM CHOCOLATE CAKE

Anita Bristol

3 beaten egg yolks 1 c. thick sour cream 11/2 c. sugar 2 (1-oz.) sq. unsweetened chocolate 1/4 c. hot water

1 tsp. vanilla extract 13/4 c. cake flour 1/2 tsp. salt 1 tsp. soda 3 stiffly-beaten egg whites

Beat egg yolks with cream; gradually add sugar and beat until thick. Melt chocolate in the hot water over low heat; cool; add to first mixture with vanilla extract. Add sifted dry ingredients; fold in egg whites. Bake in waxed-paper lined 9 x 13-inch pan in moderate oven at 350° for 45-50 minutes. Cool and frost with your favorite frosting. Instead of chocolate you may use 1/2 cup less 1 tablespoon cocoa powder and add with the dry ingredients. One cup less 2 tablespoons general purpose flour equals 1 cup sifted cake flour.)

TOFFEE CRUNCH BARS

Sandra Karel

Lake Crystal Health Care Center

Cream together:

1 c. shortening/oleo

1 c. brown sugar

Beat in:

1 egg, well beaten

1 tsp. vanilla

Stir in:

2 c. sifted flour

1/2 tsp. salt

Bake 15 minutes at 350°. While hot, sprinkle chocolate chips on top and spread when melted. (Nutmeats may also be sprinkled on top of melted chocolate.)

DATE PIN WHEEL COOKIES

Olive Olsen Baustian

1/2 lb. chopped dates

1/4 c. sugar

1/3 c. water

Boil 3-5 minutes. Add 1/4 cup nutmeats and set aside to cool.

1/2 c. shortening 1/2 c. white sugar 1/2 c. brown sugar 2 c. flour 1/2 tsp. soda 1/4 tsp. salt

1 egg

Mix batter. Roll 1/4 inch thick; spread on date mixture and then roll up like a jellyroll and place in refrigerator. When cooled, cut off slices; pot on greased pan and bake at 350° for 12-15 minutes. (Olivia and husband, Fred, came to Lake Crystal from Iowa in 1920 and settled on a farm south of Lake Crystal until 1968.)

COCONUT SWEETMEATS

Alice Hollingsworth

Bottom:

Scant 1/2 c. shortening

1 c. flour

1/2 c. brown sugar

Mix as for pie crust. Place in 9 x 13-inch greased pan. Spread top on and bake 30 minutes in 350° oven.

Topping:

2 eggs, beaten

1 c. coconut

1 c. brown sugar 2 T. flour

1 c. chopped nuts 1 tsp. vanilla

1/2 tsp. baking powder

CARAMELS TO DIE FOR

Alice Hollingsworth

2 c. brown sugar 1 c. butter (1/2 lb.) 1 (14-oz.) can Borden's sweetened cond. milk

1 c. white Karo syrup

1 tsp. vanilla

Combine in heavy pan. Cook on medium heat to 240°, stirring constantly. Remove from heat. Add 1 cup walnuts or pecans. Pour into buttered pan.

& CANDY



GRANDMA WINNIE'S NEVER FAIL FUDGE

Combine (in large saucepan):

1/2 c. butter

41/2 c. granulated sugar

1 (12-oz.) can evaporated milk

Place over medium heat; stir until sugar is dissolved. Bring to a boil; cover, then boil for 5 minutes. Turn off heat. Add ½ pound marshmallows. Stir until dissolved.

Add (1 at a time, stirring until dissolved):

2 sq. unsweetened chocolate 12 oz. semi-sweet chocolate bits 12 oz. sweet milk chocolate

Add:

CAKES, COOKIES & CANDY

1 T. vanilla

2 c. nuts

Blend. Pour into lightly-greased 15 x 10 x 1-inch pan. Let stand until firm and cut into squares.

ENGLISH TOFFEE

Alice Hollingsworth

1 lb. butter (do not use substitute)

4 c. sugar 1/2 c. water

Melt butter; add sugar and water. Cook to 300°. Pour on greased jellyroll-type pan. When cool, spread with melted chocolate and sprinkle finely-chopped nuts on chocolate. Turn over and repeat chocolate and nut process.

Recipe Favorites

This & That



Helpful Hints

- · Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.

HIS & THAT

THIS & THAT

FLY SPRAY

The Late Margret Cutler Bonnie Dryer, Granddaughter

A good fly spray can be made from:

3/4 qt. coal tar dip3/4 qt. fish oil1 pt. coal oil

1 pt. whale oil ½ pt. oil of tar

Dissolve 3 pounds of laundry soap in water; add the ingredients of the spray and bring the whole up to 5 gallons with lukewarm soft water. This spray will keep off the flies and prevent the coats of the animals from becoming harsh. (This interesting paper was found in grandma's recipe box.)

TOMATO SOUP

1 qt. fresh milk 1 pt. cooked tomatoes 1/2 tsp. soda Butter the size of a walnut Salt and pepper

Chop tomatoes if whole. Let milk come almost to boiling point and then put tomatoes with soda in. Add butter and salt and pepper to taste.

COUGH MEDICINE

Donna Skinner

Juice of 2 lemons

5 T. honey

Just heat this mixture but do not boil. Shake before taking. Every half hour take a little and swallow slowly. You can keep it a month or so, but keep in a cool place (icebox). (This is Donna's grandmother's recipe.)

FRESH APPLESAUCE

Residents of Lake Crystal Health Care Center

5 lbs. cooking apples

1 c. water

Wash apples; peel, core and chop them, then place them in a crockpot with water. Cover and heat for 4 hours, until tender. Stir after 1 hour. Sugar may also be added after 2 hours. Serve warm plain, or with a little cinnamon sprinkled on top. Makes $4^{1/2}$ pints. (Every fall 1 of the men picks apples from our tree by the lake. Early in the morning the ladies gather in the fire side room to peel, core and chop the apples. All day long, the rich smell of cooking apples permeates the entire nursing home. In the afternoon residents and staff gather together for a kind of social, a fun time of visiting, swapping stories and especially enjoying our applesauce.)

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COOKING TIPS



- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks—it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes-partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast-the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold-let stand for a least an hour at room temperature. Brush with oil before and during roasting-the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- > To keep cauliflower white while cooking-add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes—put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- Use greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp-stand it up in a pitcher of cold, salted water and refrigerate
- Don't despair if you've oversalted the gravy Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening

.

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	.1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 neck
4 pecks	1 hushel
16 ounces	1 nound
32 ounces	1 quart
8 ounces liquid	1 quart
1 ounce liquid	2 tablesnoons
(For liquid and dry measur	ements use standard
measuring spoons and cup are level.)	os. All measurements

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.).	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c tomato sauce plus 1 2 c sugar and 2
dates		T. vinegar (for use in cooking). 1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows		1 lg. marshmallow

*In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



- Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
- One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- 6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
- Soften Jello that has set up too hard-perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
- Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
- 9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
- 10. To make dry bread crumbs, cut 6 slices bread into 1 2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
- 11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- 12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
- 13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- 15. A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
- 16. Do not salt foods on the surface as it causes dehydration and toughens the food Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
- 17. Heat left-over custard and use it as frosting for a cake.
- 18 Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
- 19 Toast coconut in the microwave Watch closely as it browns quickly once it begins to brown Spread 12 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.



Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil Sweet warm flavor with an aromatic odor, used

whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and

omelets.

Bay Leaves A pungent flavor, use whole leaf but remove

before serving. Good in vegetable dishes, fish

and seafood, stews and pickles.

Caraway Has a spicy smell and aromatic taste. Use in

cakes, breads, soups, cheese and sauerkraut.

Chives Sweet mild flavor of onion, this herb is excellent

in salads, fish, soups and potatoes.

Curry A number of spices combined to proper

Powder proportions to give a distinct flavor to such dishes

as meat, poultry, fish and vegetables.

Dill Both seeds and leaves of dill are flavorful. Leaves

may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel Both seeds and leaves are used. It has a sweet

hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh.

dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.



Marjoram

May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint

Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.

Oregano

Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika

A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.

Parsley

Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary

Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.

Saffron

Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.

Sage

Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.

Tarragon

Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

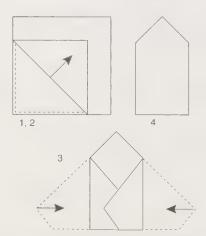
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



Instructions:

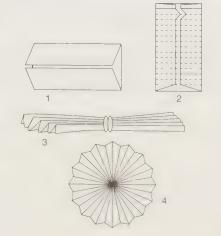
- Fold into quarter size. If monogrammed, ornate corner should face down.
- Turn up folded corner three-quarters.
- 3. Overlap right and left side points.
- Turn over; adjust sides so that they are even, single point in center.
- Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

- Fold top and bottom edges to the center, leaving 1/2" opening along the center.
- Pleat firmly from the left edge. Sharpen edges with hot iron.
- Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
- 4. Spread out rosette.



NAPKIN FOLDING

Fan

Instructions:

- 1. Fold top and bottom edges to the center.
- Fold top and bottom edges to center a second time.
- Pleat firmly from the left edge. Sharpen edges with a hot iron.
- Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

Pretty in Napkin Ring, or Top of Plate.

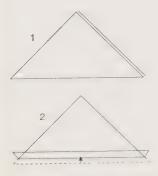






Candle

Easy to do; can be decorated.



Instructions:

- 1. Fold into triangle, point at top.
- 2. Turn lower edge up 1".
- 3. Turn over, folded edge down.
- 4. Roll tightly from left to right.
- 5. Tuck in corner. Stand upright.

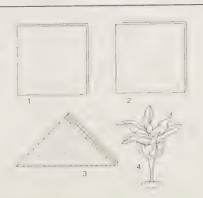


Lily

Effective and Pretty on Table.

Instructions:

- 1. Fold napkin into quarters.
- 2. Fold into triangle, closed corner to open points.
- Turn two points over to other side. (Two points are on either side of closed point.)
 Pleat.
- Place closed end in glass.
 Pull down two points on each side and shape.



VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips Artichokes, French	Boiled	10-15 minutes 40 minutes
,	Steamed	45-60 minutes
Beans, Lima	Boiled Steamed	20-40 minutes 60 minutes
Beans, String	Boiled	15-35 minutes
Beets, young with skin	Boiled	60 minutes 30 minutes
	SteamedBaked	60 minutes 70-90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5-10 minutes
Broccoli, stems	Boiled	20-30 minutes
Brussel Sprouts	Boiled	20-30 minutes
Cabbage, chopped	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20-30 minutes
Cauliflower, flowerets	Boiled	8-10 minutes
Carrots, cut across	Boiled	8-10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the cob	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Pumpkin or Squash	Boiled	20-40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5-15 minutes
Turnips	Boiled	25-40 minutes

BUYING GUIDEFresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white they are more tender. Use asparagus soon-it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, **Brussel Sprouts**, **and Cauliflower**: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit. and Lemons: Choose those heavy for their size Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS		
Fruit	Cooking Time	Amount of Sugar or Honey
		1/4 c. for each cup of fruit
		1 T. for each cup of fruit
Peaches	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

BiscuitsTo 1 c. flour	use 1 1/4 tsp. Baking Powder
MuffinsTo 1 c. flour	use 1 1/2 tsp. Baking Powder
PopoversTo 1 c. flour	use 1 1/4 tsp. Baking Powder
WafflesTo 1 c. flour	use 1 1/4 tsp. Baking Powder
Cake with oil	our use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

- To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
- In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
- 3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop BatterTo 1 cup	liquid use 2 to 2 1/2 cups flour
Soft DoughTo 1 cup	liquid use 3 to 3 1/2 cups flour
Stiff DoughTi	o 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Loaf		350° - 400° 350° - 425° .400° - 450° 400° - 425° 400° - 425°
	35 - 50	

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart		
Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer	350° - 375°	25 - 35 min.
Cake, angel		35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min
Cookies, drop	350° - 400°	8 - 15 min
Cream Puffs	300° - 350°	45 - 60 min
Meringue	300° - 350°	12 - 15 min
Pie Crust (shell)	400° - 450°	10 - 12 min

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

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